MODERNISTIC RECIPE-MENU BOOK

of the

DE BOTH HOMEMAKERS' COOKING SCHOOL

In Conjunction with

The Detroit News

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EDITOR

MODERNISTIC RECIPE-MENU BOOK

of the

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PREFACE

Dear American Homemaker:

This is the "different" kind of a cook book for which you have been looking—a cook book which you will want to use every day.

For here are menus for every imaginable kind of meal, and the recipes are right with the menus! What a relief to find them handy, without hunting all through the book to locate the one to "fit."

As you use this cook book, I hope you will look back with pleasure at the cooking school sessions, and will carry the new ideas gathered there into everyday usage in your own home.

JESSIE MARIE DEBOTH

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PART ONE

CHAPTER I

A MODERNISTIC RECIPE-MENU BOOK

Because you probably would not read it, and because you can locate it in almost any standard cook book on the market, this particular book is not going to cover very much technical matter. Its chief business is to provide you with workable menus and recipes to go with them. In order to include an adequate number of menus, it is also necessary to curtail as much unnecessary material as possible.

There are good books on the technique of table-setting and table service to be found in any up-to-date book store. In addition, almost any manufacturer of silverware, china, linen and decorative materials will be glad to mail you ultra-modern information on such necessary details, if you will but write for it. The women's magazines constantly furnish you with photographs of all new ideas in such matters, and will also answer any of your questions relative to table-setting, good form and the niceties of entertaining.

Food values may be studied from text-books dealing with such subjects. In fact, you should own and have constantly at hand in the kitchen some good substantial book on food values in figuring calories and menu-planning. It is the business of every homemaker to keep up with modern trends in thought on such subjects,—calories, vitamins and the balanced diet.

Without a fundamental knowledge of these matters, it *is* difficult to plan menus properly. This book, therefore, is going to be very useful for most homemakers, because the menus are properly balanced throughout. Any woman who follows the seven weeks' menus, for instance, will have a proper diet for her family.

This business of "homemaking" is one which engages the attention of many million women in the United States. Yet it is only at the time of the present census-taking that the lawmakers have come to acknowledge

it, and have consented to list every housewife as "homemaker" instead of as "unemployed." This is real progress.

Even greater progress will be made by the American homemaker in the next few years to come, because she will be learning through the medium of cooking schools, as well as by radio and printers' ink, how to really manage her home, which is her place of business. The use of modern, time-saving equipment will increase, a proper knowledge of the principles underlying the problems of marketing will make her a better buyer, and the use of such a time-saving book as this one will enable her to properly feed her family, entertain royally on even a small appropriation for "pleasure," and find more leisure time to really live.

CHAPTER II

WEIGHTS—MEASURES—TEMPERATURES

Since business should always come before pleasure, this chapter is going to take care of several small but necessary subjects, such as weights and measures, temperatures and proportions. These are very important minor details, since it is really a fact that accuracy is essential to repeated successful production of the same result. In other words, while it may be true that there are women who are born cooks, who apparently make marvelous cakes and pies without measuring anything accurately, it is also true that these same women cannot *always* produce the same quality in their cakes and pies. Sometimes there will be a failure without apparent reason.

There is a reason just the same—lack of accurate detailed procedure. A woman who is not in the least a born cook, but even not inclined to cook, can successfully produce an excellent cake the first time she tries, if she will measure accurately and follow directions exactly. And what is more, she will be able to teach some one else how to make the same thing, which is more than the other type of woman is able to do!

Granted, then, that accuracy is essential, the first rule to learn is this—

All measurements are level, unless otherwise stated.

The second rule is—

Follow the recipe exactly.

The rest of this chapter will take the form of several tables and charts which are essential for reference from time to time. For instance, when you are called upon to supply quantity recipes for some "crowd" affair, such as a church supper or a club meeting, simply refer to table of weights and approximate measures, and change the family recipe to a quantity recipe!

TABLE OF WEIGHTS AND APPROXIMATE MEASURES

Food Material	Weight	Measure
Almonds, chopped	1 oz.	⅓ cup
Apples, fresh as purchased	6 oz.	1 apple
diced in half-inch cubes	1 lb.	4⅓ cups
Apricots, dried, as purchased	1 lb.	3 cups
(1 lb. apricots, soaked and cooked, equals 4½ cups without juice or weighs 2½ lbs. without juice.		
Baking powder	1 oz.	3½ tablespoons
	5½ oz.	1 cup
Bananas, as purchased	1 lb.	3 medium-size
Beans, dried lima, uncooked	1 lb.	2⅔ cups
(1 lb. dried limas, soaked and cooked, equals 6½ cups and weighs 2½ lbs.)		
kidney, as purchased dry	1 lb.	2⅔ cups
(1 lb. kidney beans soaked and cooked gives 7 cups, weighs 2 lbs. 6½ oz.)		
dry navy	1 lb.	2⅓ cups
	60 lbs.	1 bushel
(1 lb. navy beans soaked and cooked gives 6 cups, weighs 2¼ lbs.)		
Beets, cooked and diced	1 lb.	2½ cups
Bran	1 lb.	10 cups
Bread, soft broken	1 lb.	9 cups
stale broken	1 lb.	9 cups
crumbs, stale and finely sifted	1 lb.	3⅓ cups
crumbs, dry bread	2 oz.	1 cup
Butter or margarin	1 lb.	2 cups
	1 oz.	2 tablespoons
(1 lb. makes 30 butter balls)		
Cabbage, shredded for cole slaw	1 lb.	5½ cups
Celery, quarter-inch pieces	1 lb.	4 cups
minced	1 stalk	1½ tablespoons
Celery Seed	1 oz.	6 tablespoons
Carrots, diced and cooked	1 lb.	4 cups
Cheese, cottage, unmixed	1 lb.	2⅔ cups
Brick or American Style	1 lb.	2⅔ cups
Chicken, cooked and cubed	1 lb.	3 cups
raw, dressed	3½ lbs.	2 cups meat
(10 lbs. chicken, equal bulk celery, 1 qt. salad dressing will make salad for 36)		
Chocolate, shaved fine	1 lb.	3½ cups
	1 oz.	1 square
Cinnamon, ground	1 lb.	4 cups
	1 oz.	2 tablespoons
Cloves, ground	1 lb.	3¾ cups
whole	1 oz.	6 tablespoons
Cocoa	1 lb.	4 cups
Cocoanut, short	1 lb.	7 cups
Coffee, medium ground	1 lb.	4⅔ cups
(1 lb. coffee makes 40 cups)		

Food Material	Weight	Measure
Corn, canned	1 lb.	1¾ cups
Cornmeal	1 lb.	3 cups
(1 lb. cooked equals 3½ qts.)		
Cornstarch	1 lb.	3 cups
Crackers, 2 inches by 2 inches	1 lb.	108 crackers
sodas, whole	1 lb.	56 crackers
broken	1 lb.	10 cups
Cranberries, uncooked	1 lb.	5 cups
Cream (1 quart serves 25 for coffee)		
Creamed Mixtures (4 quart pans will serve 25)		
Currants	1 lb.	3 cups
Eggs, whole in shell	1 lb.	8 eggs
broken, medium size	1 lb.	10 eggs
crated	1 crate	30 dozen
unbeaten	1 egg	3 tablespoons
Egg whites	½ lb.	8 whites, 1 cup
yolks	½ lb.	12 yolks, 1 cup
Farina, uncooked	1 lb.	2⅔ cups
cooked (1 lb. is 3 qts.)		
Figs, whole	1 lb.	2½ cups
cut	1 lb.	3 cups
Flour, graham	1 lb.	3⅔ cups
head	1 lb.	3⅕ cups
pastry or cake	1 lb.	4 cups
whole wheat	1 lb.	3⅔ cups
	1 oz.	4 tablespoons
	196 lbs.	1 barrel
Gelatin, granulated	1 lb.	3 cups
Ginger, ground	1 oz.	2½ tablespoons
	1 lb.	4½ cups
Grapes, cut and seeded for salad	1 lb.	2¾ cups
Hamburg steak, raw	1 lb.	2 cups
Hominy, pearl	1 lb.	2½ cups
Ham, 14 lbs. raw will serve 25 hot, 40 cold sliced		
Lard, compound, shortenings	1 lb.	2 cups
Lemons, 300 size	1 lb.	4 lemons
Lemon Juice	1 lb.	1 cup
juice, average size lemons	1 qt.	24 lemons
	1	3 tablespoons
rind, grated	1	2 teaspoons
Lettuce, average size head	9 oz.	1 head, 11 leaves
Macaroni, broken 1½ inch pieces	1 lb.	5 cups (3 qts. cooked)
Meat, cooked and chopped	1 lb.	2 cups
Molasses	1 lb.	1⅓ cups
Mustard	1 lb.	5 cups
Nutmeats	1 lb.	3 cups
whole English Walnuts	1 lb.	4¾ cups
Nutmeg, ground	1 lb.	3½ cups
Oatmeal (rolled oats)	1 lb.	5 cups (2⅓ qts. cooked)
Oils, cottonseed, olive, etc.	1 lb.	2⅓ cups

Food Material	Weight	Measure
Oleomargarine	1 lb.	2 cups
Oranges, diced	1 lb.	2⅓ cups
whole, 126 size	8 oz.	1 orange
Orange Juice	1 orange	½ cup
14 average sized		1 qt.
rind, grated	1 orange	2 tablespoons
Onions, chopped	1 lb.	3 cups
Paprika	1 lb.	3¾ cups
Peaches, dried	1 lb.	3 cups
(1 lb. soaked and cooked gives 4½ cups without sugar)		
Peas, canned, drained	1 lb.	2⅔ cups
split	1 lb.	2 cups
	60 lbs.	1 bushel
Pepper, white	1 oz.	4 tablespoons
Pickles, whole	1 lb.	16 of 3-inch length
		22 of 2-inch length
chopped	1 lb.	3 cups
Pineapple, canned broken pieces	1 lb.	2 cups
Peanuts, chopped	1 lb.	3 cups
Potatoes, unpeeled	1 lb.	3 medium
peeled	¾ lb.	(1 lb. before peeling)
	60 lbs.	1 bushel
	7½ lbs.	½ peck
diced for creaming	1 lb. raw	2⅓ cups
Potato Chips	1 lb.	25 servings
Prunes, as purchased	1 lb.	2½ cups
(1 lb. soaked and cooked gives 3 cups without juice)		
Pumpkin, canned	1 lb.	1¾ cups
Raisins, seeded	1 lb.	2½ cups
seedless	1 lb.	3 cups
Rice, whole	1 lb.	2⅛ cups (2 qts. cooked)
Salmon	1 lb.	2 cups
Salt	1 lb.	2 cups
Soda, baking	1 lb.	2 cups
Spaghetti	1 lb.	5 cups (2¾ qts. cooked)
Spinach	1 lb.	2 cups
String Beans, canned	1 lb.	2 cups
Suet, chopped	1 lb.	5 cups
Sugar, brown	1 lb.	2¾ cups
granulated	1 lb.	2 cups
powdered	1 lb.	2¾ cups
cubed	1 lb.	72 small cubes
loaf	1 lb.	serves 25 persons
Tapioca, pearl	1 lb.	2¾ cups
(1 lb. soaked and cooked gives 7½ cups)		
granulated	1 lb.	3 cups
Tea	1 lb.	8 cups

DEEP FAT FRYING TEMPERATURES

The use of a thermometer is safest for testing the temperature of hot fat, but it may be tested with a cube of fresh white bread which will brown in time, as shown in table below:

Croquettes and all cooked foods	390°
Bread Test—40 seconds	
Fritters, doughnuts, batters and uncooked mixtures	360 -370°
Bread Test—60 seconds	
Breaded chops and cutlets	375 -400°
Bread Test—60 seconds	
French fried potatoes	395°
Bread Test—40 seconds	

BAKING AND ROASTING TEMPERATURES

Oven thermometers are obtainable if your own oven should not be equipped with a regulator. It is best to use either one or the other.

Breads

Yeast breads in loaf form	400°	for 15 min.	Hot oven
	375°	for 45 min.	Moderate
Baking powder breads	400°	for 45 min.	Hot
Corn bread in shallow pans	400°	for 20 min.	Hot
Yeast rolls	400°	for 25 min.	Hot
Biscuits	450°	for 12 min.	Hot
Muffins	400°	for 22 min.	Hot
Popovers	450°	for 35 min.	Hot

Cakes

Angel	275°	for 60 min.	Slow
Fruit cake, large	275°	for 3 to 4 hrs.	Slow
Fruit cake, small	325°	for 75-90 min.	Slow
Plain cakes, sheet or cup	375°	for 25 min.	Moderate
Pound cakes	350°	for 65 min.	Moderate
Sponge cake	300°	for 60 min.	Slow

Cookies

Drop	375-400°	for 12 min.	Moderate
Filled	400-425°	for 12 min.	Hot
Ginger and chocolate snaps	375°	for 9 min.	Moderate
Macaroons	300°	for 15 min.	Slow
Molasses and spice	350-375°	for 18 min.	Moderate
Rolled	350-375°	for 12 min.	Moderate
Gingerbread	350°	for 35 min.	Moderate

Pastries

Strips, straws, etc.	500°	for 10 min.	Hot
Chou paste (cream puffs, eclairs)	375°	for 45 min.	Moderate
Meringues on pies and puddings	300°	for 10 min.	Slow
Meringues baked separately	250°	for 45 min.	Slow
Pastry shells	475°	for 25 min.	Hot
Pies, single crust, first at	500°	for 10 min.	Hot
then bake at	350°	for 30 min.	Moderate
Pies, double crust	425°	for 40 min.	Hot
Puff paste	450°	for 20 min.	Very hot
Turnovers, horns, etc.	450°	for 15 min.	Very hot

Custards

Individual cups set in cold water	325°	for 25 min.	Slow
Large baking dish, in cold water	325°	for 40 min.	Slow
Souffles and fondues in pan of cold water	375°	for 25 min.	Moderate

Scalloped Dishes

Au gratin dishes, to brown	400°	for 15 min.	Moderate
Batter puddings	400°	for 40 min.	Moderate
Bread puddings	300°	for 50 min.	Slow
Rice or tapioca	300°	for 90 min.	Slow

CANDY AND FROSTING TEMPERATURE CHARTS

Boiled Frosting

Syrup made with 1 cup sugar plus 1 egg white	(soft ball stage)	240°
Syrup made with 1 cup sugar plus 2 egg whites	(firm ball stage)	246°
Syrup made with 1 cup sugar plus 3 egg whites	(hard ball stage)	257°

Candies

Fondant (soft ball stage)	238-240°
Fudges, marshmallows (thread stage)	230-238°
Caramels and nougats (firm ball stage)	246-250°
Taffies and pull candies (hard ball stage)	245-260°
Hard pulling candies (medium crack stage)	272-290°
Butterscotch (hard crack stage)	280-300°
Barley candy (hardest crack stage)	290-320°

CHAPTER III.

SEVEN WEEKS' MENUS

So often it is hard to plan well-balanced menus that fit in with the family's food habits. The following group of menus may be used to advantage by the busy homemaker, either consecutively, or week by week. It is advisable to select a week's menus at a time, because left-overs are taken into consideration in the planning. These menus are time-saving, too.

FIRST WEEK'S MENUS

Sunday

Pan-fried Chicken *Feathery Potatoes* *Spinach*
Head Lettuce, Roquefort Dressing
Apple Torte

Pan-Fried Chicken

Clean, wash, disjoint and dry the chicken. Unless spring chickens are used, parboiling will be necessary. Dredge each piece with flour, season well with salt and pepper, and fry until tender in hot bacon fat or drippings. Make a milk gravy from fat in pan to serve with the chicken.

Feathery Potatoes

6 medium-sized potatoes . . . 3 tablespoons butter
⅓ cup hot milk . . . ½ teaspoon salt . . . ⅛ teaspoon pepper

Pare and boil the potatoes, drain, dry and mash them till smooth. Add seasonings and milk. Beat until very light and fluffy. Serves 6.

Spinach

½ peck spinach . . . ½ teaspoon salt . . . 2 tablespoons butter

Pick spinach over carefully and wash thoroughly through several cold waters. Place spinach in large kettle without water, set over low flame and cook slowly till juice is drawn. Then cook rapidly for 10 minutes, or until tender if spinach is old. Drain, saving the strained spinach water for soup stock. Serve with the butter and salt. Spinach may be chopped fine if preferred.

Head Lettuce, Roquefort Dressing

1 solid head lettuce . . . ½ cup French dressing
1 segment Roquefort cheese

Break up cheese, mash until smooth, add to French dressing. Pour over lettuce which has been cut in fourths and thoroughly washed and crisped.

Apple Torte

7 apples, peeled and cored . . . 6 tablespoons sugar
2 tablespoons shortening . . . 6 eggs . . . 2 cups sour cream
2 teaspoons vanilla . . . ½ teaspoon cinnamon
2 tablespoons sugar . . . 3 cups zweibach crumbs

Cook apples, 6 tablespoons sugar and the shortening till apples are soft. Beat eggs, add cream and seasonings and add to cooked apples. Boil together till thick.

Place layer of 2 cups of the crumbs in bottom of well greased baking dish, then a layer of the apple mixture, and continue alternately until pan is filled. Bake 1 hour in moderate oven 375°. Serves 8.

Monday

Pot Roast with Carrot Gravy
Scalloped Potatoes *Head Lettuce, Piquant Dressing*
Apple Betty, Lemon Sauce

Pot Roast, Carrot Gravy

Wipe 4 to 6 lbs. from middle or face of rump or round of beef. Sear all over in frying pan, turning in hot fat till well browned. Place in pot-roasting kettle with 1 cup hot water, and simmer until tender, replacing water as it cooks away. A steamer or waterless cooker is ideal for pot-roasting. Keep cover on tight. After cooking 1 hour, add salt, pepper paprika and 1 teaspoon Worcestershire Sauce. Half hour before serving add 1 cup grated carrots. When done, make the gravy of the stock in pan, leaving the carrots in it.

Scalloped Potatoes

1 quart sliced raw potatoes . . . 1 teaspoon salt
¼ teaspoon pepper . . . 4 tablespoons butter (¼ cup)
2 tablespoons flour . . . 2 cups scalded milk

Cover bottom of glass or other baking dish with sliced potatoes. Sprinkle with seasonings, dredge with flour and dot with the butter. Repeat until materials are used. Pour the scalded milk over all, and bake in moderate 375° oven about 50 minutes. Serve 8.

Head Lettuce, Piquant Dressing

1 solid head lettuce . . . ½ cup French dressing
½ teaspoon mustard . . . 2 teaspoons grated onion . . . dash Tobasco
1 tablespoon chow chow

Cut lettuce in quarters. Add ingredients to the French dressing, and pour a portion over each serving of lettuce.

Apple Betty

5 medium-sized apples . . . ¼ cup shortening . . . 1¼ cups bread crumbs
¼ cup hot water . . . 1½ tablespoons lemon juice
5 tablespoons dark corn syrup . . . ½ teaspoon each salt and cinnamon

Pare and cut apples in thin slices. Mix bread crumbs with melted shortening. Mix hot water, lemon juice, syrup, salt and cinnamon. Put alternate layers of apples and bread crumbs into greased baking dish, pouring liquid over each layer. Bake in moderate oven 375° about 45 minutes. Serves 6.

Lemon Sauce

1 cup sugar . . . ⅛ teaspoon salt . . . 1 tablespoon cornstarch
1 cup boiling water . . . 1 tablespoon butter . . . 1½ tablespoons lemon juice

Mix sugar, salt and cornstarch, add water gradually, stirring constantly while cooking. Boil 5 minutes. Remove from fire, add lemon juice and butter. Serve with Apple Betty.

Tuesday

Creamed Chicken
Lyonnaise Potatoes *Buttered Stewed Celery*
Beet Salad
Bread Pudding

Creamed Chicken

Make a medium thick white sauce, add diced chicken to it, season to taste, and stir in one well beaten egg just before serving. Garnish with minced parsley over top.

Lyonnaise Potatoes

6 boiled potatoes . . . 2 tablespoons butter . . . 1 chopped onion
1 teaspoon salt . . . ⅛ teaspoon pepper . . . 1 teaspoon minced parsley

Brown butter and onions in frying pan, add sliced potatoes and seasonings. Fry to nice brown. Garnish with parsley.

Buttered Stewed Celery

Cut coarse pieces celery, ends of stalks and fine leaves into inch pieces. Cook till tender in boiling water that just covers the celery. Season to taste with salt and pepper, and serve with square of butter in center.

Beet Salad

Use canned or cold cooked beets, cut in dice. Moisten with mayonnaise or French dressing, and season well with salt, pepper, paprika and small amount mustard. Serve in round mounds on shredded lettuce.

Bread Pudding

½ loaf baker's bread . . . 1 quart hot milk . . . 3 well-beaten egg yolks
3 tablespoons shortening . . . salt and sugar to taste . . . nutmeg
3 egg whites beaten stiff

Pour hot milk over bread, mash with fork. Add egg yolks and flavoring, seasonings and well-beaten egg whites. Bake like custard. Serve with raspberry jelly and whipped cream, or with sugar and plain cream. For chocolate bread pudding add 2 squares melted bitter chocolate with the hot milk.

Wednesday

Sliced Cold Pot Roast
Yankee Potatoes *German String Beans*
Pickled Beets
Butterscotch Tapioca

Sliced Cold Pot Roast

Use the pot roast left over from Monday. Slice it down cold and serve on platter, garnished with the pickled beets.

Pickled Beets

4 cold cooked or canned beets . . . 3 cloves
¾ cup vinegar . . . 2 tablespoons sugar

Cook beets till tender, or use canned beets. Drain, slice and pour heated vinegar with sugar and cloves over them. Let stand till cold, several hours if possible.

Yankee Potatoes

1 quart chopped cooked potatoes . . . ¼ cup cream
1 teaspoon salt . . . pepper . . . 1 teaspoon chopped parsley
3 tablespoons butter

Melt the butter in omelet pan, and add potatoes and seasonings when pan is hot. Pack lightly into pan and cook slowly for 25 minutes. Fold and serve like an omelet. Serves 6.

German String Beans

1 quart beans . . . 2 tablespoons shortening . . . ½ teaspoon salt
pepper . . . ¼ cup stock . . . ½ teaspoon lemon juice . . . 1 teaspoon sugar

Wash, string and cook beans in boiling salted water. (Beans may be cooked long or cut in thirds.) When boiled for 30 minutes, drain them and cook in frying pan with shortening, seasonings and ¼ cup of the bean stock. Simmer until tender. Serves 6.

Butterscotch Tapioca

2 cups scalded milk . . . ½ cup quick tapioca . . . 1 egg
½ teaspoon salt . . . ½ cup dark brown sugar . . . 1 teaspoon butter
¾ cup chopped nut meats . . . 1 teaspoon vanilla

Add tapioca to scalded milk, cook in double boiler till tapioca is clear. Mix sugar, salt and egg, beaten, with a small amount of the hot mixture, stirring well. Then add it to the remaining hot mixture, stirring and cooking till egg thickens. Add flavoring and chopped nuts. Cool in individual dishes. Serve with whipped cream.

Thursday

Broiled Ham, Milk Gravy
Boiled Rice *Creamed Artichokes*
Banana Floating Island

Broiled Ham, Milk Gravy

Purchase an inch-thick slice ham, remove rind and cut gashes in the fat, scoring it. Broil until browned, turning once. Make the milk gravy with drippings in the broiler pan, first adding a tablespoon of flour to each tablespoon of the ham fat, and then stirring in 1 cup hot milk to that amount. Make as regular white sauce. Flour may be browned if desired.

Boiled Rice

Rapidly boil 1 cup raw rice (unpolished rice preferred) in 4 cups (1 quart) boiling salted water. When rice kernels are tender clear through, pour off the water, then quickly wash the rice with fresh boiling water, shake it dry and serve with lump of butter in center, and pepper besprinkled over it.

Creamed Artichokes

Wash and boil artichokes with skins on in salted water for ½ hour. Drain, peel, and serve creamed with white sauce. It is more tasty to let the artichokes remain standing in the white sauce about 15 minutes before serving.

Banana Floating Island

1 pint (2 cups) milk . . . 3 egg yolks . . . ¼ cup sugar . . . vanilla
dash salt . . . 1 tablespoon cornstarch . . . bananas

Beat eggs slightly, add to milk with sugar and salt, cook in double boiler with the cornstarch dissolved in cold water. When thick, add vanilla. Cool. Pour into a deep dish over sliced bananas. Place sliced bananas carelessly over top, and finish them off with dabs of meringue made from egg whites and brown in oven.

Friday

Halibut Maitre d'Hotel
Baked Potatoes *Head Lettuce Chiffonade Dressing*
Norske Pie

Halibut Maitre d'Hotel

Cut 3 lbs. halibut steak into three-inch squares, wipe with damp cloth and dry thoroughly. Dip in flour, egg and sifted bread or cracker crumbs, fry in deep hot fat till rich brown in color. Drain on soft paper, season well, and serve with Maitre d'Hotel Butter.

Maitre d'Hotel Butter

Work into ½ cup butter all the lemon juice it will hold. Then add 1 teaspoon finely minced parsley. Serve with the fish.

Head Lettuce, Chiffonade Dressing

1 solid head lettuce, quartered . . . ½ cup French dressing
1 teaspoon each grated onion and diced green pepper
1 tablespoon minced red pepper . . . 1 chopped hard cooked egg

Mix ingredients with French dressing, serve over the cleaned and crisped lettuce, very cold.

Norske Pie

¾ cup regulation pancake batter . . . 2 eggs . . . ½ cup sugar
1 tablespoon butter . . . ¼ teaspoon cinnamon . . . 6 medium-sized apples

Pare and slice apples into a greased pie plate. Sprinkle with the sugar and cinnamon, dot with butter. Beat the extra eggs and add to pancake

batter, pour over the apples. Bake in moderate oven 350° until apples are tender, about 30 minutes. Serves 6.

Saturday

Fried Ham Steak
Potato Pancakes *Glazed Carrots*
Pineapple Puff

Fried Ham Steak—Glazed Carrots

1 slice ham cut 1 inch thick . . . 1 tablespoon shortening
1 cup water . . . 12 small cooked carrots

Parboil ham if necessary. Drain. Sear quickly on both sides in hot fat in frying pan. Add the water, cover pan and simmer 30 minutes. Add carrots and cook together for 20 minutes, basting the carrots frequently with the pan drippings. Serves 6.

Potato Pancakes

2 cups grated raw potato . . . 2 well beaten egg yolks
½ teaspoon salt . . . 1 tablespoon flour . . . pepper . . . 3 egg whites

Potatoes are peeled and kept in cold water over night, drained and grated in morning. To beaten egg yolk add other ingredients, egg whites last of all, beaten stiff. Form in thin cakes, brown in hot fat in frying pan, turning once.

Pineapple Puff

6 oz. cream cheese . . . ½ cup whipped cream . . . 2 cups shredded pineapple

Mash cheese, mix with whipped cream (measured before whipping). Drain pineapple and fold into mixture, chill, serve in sherbet glasses or tart shells. Sweeten if desired. Serves 6.

SECOND WEEK'S MENUS

Sunday

Roast Beef *Franconia Potatoes*
Devilled Tomatoes
Lettuce
Canterbury Tarts

Roast Beef

Round, rump, loin or rib cut of beef may be roasted. A six to eight pound piece is most economical. Wipe with damp cloth, place in roasting pan

and sear well in very hot oven 500° for 15 minutes. Then reduce heat to 400° or 375°, and continue roasting until tender. Season after first half hour's roasting. ½ cup hot water may be added to roasting pan if desired, but it is unnecessary, since the meat will have better flavor if roasted without it.

Franconia Potatoes

Three-quarters of an hour before roast is finished, place quartered, pared potatoes about it, and brown with roast. Season.

Devilled Tomatoes

4 firm tomatoes . . . salt and pepper . . . ⅓ cup shortening
2 teaspoons sugar . . . 1 teaspoon mustard . . . ¼ cup vinegar
1 beaten egg . . . 1 hard cooked egg yolk . . . 4 tablespoons fat

Peel, slice, season and cook the tomatoes in the shortening till tender. Use frying pan. Cream the 4 tablespoons fat with sugar and mustard, add the raw egg and the hard cooked egg yolk, and the vinegar. Cook in double boiler till thick, pour over the tomatoes, serve very hot. Serves 6.

Canterbury Tarts

1 cup each raisins and sugar . . . 1 well beaten egg
1 crumbed soda cracker . . . 2 tablespoons lemon juice . . . grated lemon rind
1 recipe rich pastry dough

Chop raisins, add sugar, egg, crumbs, lemon juice and rind, mixing well. Make shallow tarts with the rich pastry dough, fill the unbaked tart shells with the mixture. Bake in hot oven 400° for 20 minutes. Brown a marshmallow on top of each tart just before removing from oven. Makes 10 tarts.

Monday

Meat Pie with Crust
Belgian Red Cabbage *Mashed Potatoes*
Cucumber-stuffed Tomatoes
Frangipani Cream

Meat Pie with Crust

Use left-over meat from Sunday's roast, cutting it in 1½-inch pieces. Heat it in left-over gravy, adding ½ dozen medium sized sliced onions, and any left-over vegetables on hand. Pour into a baking pan lined with Pie crust, finish off top with crust, pricked with fork to allow steam to escape. Bake till nicely browned.

Belgian Red Cabbage

5 tart apples . . . 1 medium sized red cabbage . . . 2 sticks cinnamon
½ teaspoon cloves . . . 1 bay leaf . . . 1 sliced onion . . . 3 tablespoons fat
2 cups water . . . 2 tablespoons sugar . . . 2 tablespoons vinegar

Peel, core, slice apples. Slice cabbage very thin. Combine ingredients, except sugar and vinegar, and cook 3 hours. Add sugar and vinegar, cook 5 minutes longer. Serves 10.

Cucumber-Stuffed Tomatoes

Peel as many ripe tomatoes as people. Remove hearts and set shells on ice to chill. Pare cucumbers, chop them coarsely with tomato hearts, season with French dressing, salt and pepper and fill lightly into tomato shells. Serve on lettuce, with French dressing.

Frangipani Cream

2 cups milk . . . 4 eggs . . . ½ cup sugar . . . grated rind of 1 lemon
2 tablespoons butter . . . ½ cup crushed macaroons

Make eggs, milk and sugar into a rich soft custard in a double boiler. Add the lemon rind cooked in the butter. Add the macaroons, and serve cold.

Tuesday

Tomato Soup with Stock
Breaded Pork Chops, Milk Gravy *Boiled Potatoes*
Spinach "That's Different"
Meringued Pears

Tomato Soup with Stock

1 chopped onion . . . 2 whole cloves . . . ½ teaspoon celery seed
6 each peppercorns and tomatoes, or 1 qt. canned tomatoes
1 tablespoon flour . . . 1 tablespoon shortening

Take bones and trimmings from roast beef or steak. Cover with cold water, twice as much as the meat, add seasonings and cook slowly 2½ hours. Skim off fat, add tomatoes (cook ½ hour if fresh tomatoes are used). Skim out bones and meat, and strain liquor through a puree strainer, rubbing all the pulp through. Heat, thicken with flour cooked with the shortening. Serves 8.

Breaded Pork Chops, Milk Gravy

Dip pork chops in egg, then in bread crumbs or cracker crumbs, season well with salt and pepper, and fry in hot frying pan or hot deep fat until well cooked. If frying pan is used, cover pan after searing. Add flour to

the fat in the frying pan, brown together, then add milk slowly till gravy is of right consistency to serve. Season to taste with salt, pepper and Worcestershire Sauce.

Spinach "That's Different"

2 well beaten eggs . . . 3 cups milk . . . 3 cups rolled cracker crumbs
2 cups cooked and drained spinach . . . 4 tablespoons melted shortening
Salt and pepper to taste

Beat eggs, add milk, crackers and spinach, melted shortening and seasonings. Bake in greased baking dish, in moderate oven, 375°, until firm, as for custard. Serves 8.

Meringued Pears

6 large pears . . . 6 tablespoons sugar . . . grated lemon rind
candied ginger . . . 3 egg whites . . . ¼ cup powdered sugar
4 tablespoons water

Pare and core pears, place in baking dish, fill centers with lemon rind and candied ginger. Add water and bake till tender. Cover with meringue from stiffly beaten egg whites and the powdered sugar. Brown in oven. Serves 6.

Wednesday

Bacon *Canned Spaghetti*
Boiled Onions
Rhubarb Shortcake

Bacon and Canned Spaghetti

Broil or fry the bacon slices, serve surrounding the heated canned spaghetti.

Boiled Onions

Peel desired quantity of rather small white or red onions. Boil them in plenty of boiling salted water, uncovered, until tender. Drain, saving the onion water for creamed onion soup for supper or next day's lunch. Season the onions generously with butter, salt, pepper and minced parsley.

Rhubarb Shortcake

3 egg yolks . . . 3 tablespoons lemon juice . . . 1 cup sugar
1 cup flour . . . 2 teaspoons baking powder . . . ¼ teaspoon salt
3 stiffly beaten egg whites

Beat yolks light, add lemon juice, gradually beat in sugar. Sift flour, baking powder, salt together, add to the egg mixture lightly. Fold in

stiffly beaten egg whites. Bake the cake in 2 layers in moderate oven, 375°, about 25 minutes. Fill with rhubarb filling, between layers.

Rhubarb Shortcake Filling

2 teaspoons gelatine . . . ¼ cup cold water . . . 1 cup sugar
2 cups red rhubarb, cut small pieces . . . juice and grated rind ½ orange

Soak gelatine in cold water. Cook rhubarb, sugar and orange till soft, but not mushy. Add to dissolved gelatine. Fill into shortcake when ready to serve, using it hot or cold as preferred.

Thursday

Baked Calves' Hearts
Sweet Potato Puff *Baked Stuffed Tomatoes*
String Bean Salad
Lemon Island

Baked Calves' Hearts

Wash, trim, remove large arteries and clots of blood from 4 calves' hearts. Stuff, allowing for each heart 1 tablespoon bread crumbs well seasoned with thyme, onion juice, salt and pepper, moistened with melted shortening. Lard the sides of hearts with three rows of fine lardoons. Brown them, then stand them on end in small deep baking pan, half covered with boiling water.

Cover closely, bake slowly for two hours. Baste every fifteen minutes or so. When done, remove hearts to hot platter, thicken broth with flour moistened with cold water to a paste. Boil up well, season, and pour over the hearts on platter. Serves 8.

Sweet Potato Puff

3 cups hot riced sweet potatoes . . . 3 tablespoons butter . . . 1 egg
½ teaspoon salt . . . ⅛ teaspoon pepper . . . 1 teaspoon baking powder
½ tablespoon flour . . . hot deep fat

Add butter and seasonings to the hot riced potatoes, beating till smooth. Add well beaten egg, flour and baking powder. When well mixed, drop into the hot fat, fry till brown. They will puff up, increasing the original size. Serves 6.

Baked Stuffed Tomatoes

1 cup soft bread crumbs . . . ¼ cup milk . . . 1 tablespoon melted butter
¼ teaspoon salt . . . pepper . . . 2 drops onion juice
6 tomatoes . . . ⅔ cup grated cheese

Moisten bread crumbs with milk, add onion juice and seasoning to melted

butter, then add this with cheese to the crumbs. Remove centers from tomatoes, fill with the mixture. Bake in greased baking dish, in moderate 375° oven till tomatoes are tender.

String Bean Salad

2 cups cold cooked string beans . . . 1 teaspoon chopped onion
French dressing

Mix beans with onion, and dress with French dressing. Pile in center of salad dish, and arrange thin slices radishes over top.

Lemon Island

Line a serving bowl with lady fingers, separated. Pour a thick lemon filling into the bowl, and sprinkle it with grated cocoanut. Beat the egg-whites left from the lemon filling until very stiff, sweeten them with sugar, and brown in a buttered pie pan in oven. Slip this meringue on top of the pudding to serve.

Friday

Salmon Loaf, Finnish Sauce
Baked Potatoes *Canned Peas*
Cucumber Salad
Tutti-frutti Figs

Salmon Loaf—Finnish Sauce

8 medium potatoes . . . 1 can salmon . . . ¼ teaspoon onion . . . 4 slices bacon
1 teaspoon salt . . . ½ teaspoon pepper . . . ¾ cup milk . . . 1 egg
¼ cup bread crumbs

Peel and slice potatoes. Put layer potatoes in greased pan, then layer of salmon, adding onion, sliced bacon, salt and pepper. Continue layers until pan is full. Mix egg and milk. Pour over the mixture. Sprinkle bread crumbs on top and bake in moderate oven until potatoes are done. Serves 6.

Cucumber Salad

1 pint grated cucumber . . . Salt and paprika . . . 2 tablespoons oil
1 tablespoon gelatine . . . 2 tablespoons cold water
6 halves walnuts . . . watercress

Grate enough peeled cucumber to make one pint, and season with salt, paprika and oil. Add gelatine, softened in cold water, to heated cucumber mixture. In bottom of each mold place half a walnut meat and pour over mixture. Cool and when hardened serve on bed of cress with mayonnaise, sprinkled with paprika.

Tutti-Frutti Figs

8 large, dried figs . . . 2 cups grapejuice . . . 8 marshmallows, toasted
¼ cup nut meats, chopped . . . 4 sections of orange

Soak dry figs in grapejuice over night, remove stem and open end with sharp knife. Insert marshmallow, nut meats and orange. Pinch the opening closed. Roll in sugar and chill well. Serves 4.

Saturday

Home Baked Beans
Steamed Boston Brown Bread *Waldorf Salad*
Cherry Tarts

Home Baked Beans

1 quart navy beans . . . ½ pound salt pork . . . 1 tablespoon salt
½ teaspoon mustard . . . 2 tablespoons molasses . . . 1 cup hot water

Wash and pick the beans and soak over night. In the morning drain, cover with cold water; bring slowly to boiling point and parboil for 30 minutes. To test, take up spoonful and blow on them; if skin curls back they are done. Drain in colander; place in 2-quart earthen bean pot layer of beans, then add salt pork, which has been previously washed and gashed across top; fill pot up with beans. Dissolve seasonings and molasses in cup of hot water, pour over beans, then fill pot with hot water, cover and bake from 6 to 8 hours, renewing water as it cooks away until nearly done, then let water cook away. Serves 8.

Steamed Boston Brown Bread

1 cup yellow corn meal . . . 1 cup rye or graham flour . . . 1 cup whole wheat flour
1 teaspoon salt . . . 2 teaspoons soda . . . ½ cup molasses
2 cups sour milk (thick) . . . ½ cup raisins

Sift dry ingredients, add raisins and molasses, add sour milk and beat. Pour into well greased molds until two-thirds full. Cover and steam 3½ hours; take from steamer and remove covers and put in a moderate oven for about 25 minutes.

Waldorf Salad

1 cup sliced apples . . . 1 tablespoon lemon juice . . . 1 cup celery diced
½ cup walnut meats, broken in pieces . . . ½ teaspoon salt
1 cup mayonnaise or boiled dressing

Pour lemon juice over sliced apples. Mix lightly, apples, celery and nuts, being careful not to crush fruit, sprinkle with salt and add dressing.

Cherry Tarts

Line a deep pie dish with plain paste. Pick over 1½ pounds cherries. Turn a cup upsidedown in the middle. Fill around it with the fruit. Add sugar to taste. Lay a wide strip of plain paste around the edge of the dish. Cover and press the edges firmly together with a pastry jagger. Bake in hot oven 25 minutes and serve with powdered sugar, sprinkled thickly on top. All juicy fruits are excellent cooked in the same way.

THIRD WEEK'S MENUS

Sunday

Fricasseed Chicken *Dumplings*
Crumbed Asparagus *Boiled Potatoes*
Pear Grape Salad
North Carolina Kisses

Chicken Fricassee

1 year-old chicken . . . 1 tablespoon shortening . . . 2 tablespoons flour
¼ teaspoon pepper . . . ½ teaspoon celery salt . . . 1 teaspoon lemon juice
1 cup cream . . . 1 egg well beaten

Press, wash and cut up the chicken as directed. Wipe each piece, sprinkle with salt and pepper, roll in flour, brown in butter; cover with boiling water and simmer for 40 minutes. Remove the meat, reduce the stock to one pint, to be used for sauce. For the sauce: melt shortening, add flour and seasonings, cook together; add the broth and lemon juice, a little at a time, and cook until smooth. Add the scalded cream, pour this slowly over the egg well beaten, stir well. Arrange the pieces of chicken on a hot platter in something like the order in which they grow. Garnish with toast points and pour the hot sauce over all. Serves 6.

Crumbed Asparagus

1 can salad asparagus . . . 2 eggs slightly beaten . . . ½ cup milk
½ cup ham, ground . . . ⅓ cup grated cheese . . . ¾ cup buttered bread crumbs
Shake of pepper

Choose large asparagus, drain well. Mix milk, egg slightly beaten, finely ground ham, grated cheese and pepper. Coat the asparagus in this mixture and carefully roll in buttered crumbs so as not to break the asparagus. Place in shallow, well greased baking dish and bake in moderate oven until brown. Tomato sauce may be served with this. Serves 6.

Pear Grape Salad

2 cups diced pears . . . 1 cup grapes, seeded and halved . . . Lettuce

Mix the fruit, marinate with boiled dressing and serve on the lettuce leaves.

North Carolina Kisses

3 egg whites, beaten stiff . . . 8 tablespoons sugar . . . ¼ lb. pecans, chopped
1 teaspoon vanilla

Sift the sugar gradually into the stiffly beaten egg whites, beating constantly until the mixture will cling to the bowl when turned upside down. Add pecans a few at a time, then flavoring. Line a pan with ungreased paper, or spread paper on a damp board. Drop the mixture by spoonfuls on the paper. Bake slowly in a moderate oven (325° F.), leaving door open until kisses are dryed out—about 45 minutes. Lift meringues from the paper with a knife. If they do not come off easily, dampen the paper slightly on the under side and you will have no difficulty removing them. If these are kept in a closely covered can, they may be kept almost indefinitely. Fill with ice cream, or any other cream filling, such as raspberry cream.

Monday

Puree of Lima Beans
Liver and Bacon *Creamed Potatoes*
Stuffed Pepper Surprise
Currant Pudding

Puree of Lima Beans

1 pint lima beans . . . 6 pints cold water . . . 2 teaspoons salt
¼ teaspoon pepper . . . Few grains cayenne . . . 1 tablespoon shortening
1 tablespoon flour . . . 3 small tomatoes

Soak beans over night if dry; in the morning, drain and add cold water. Cook until soft, rub through a sieve, add salt, pepper and cayenne. Reheat soup, melt shortening, add flour, cook together until perfectly smooth, add one cup of soup, stirring all the time. Add to the soup and cook three minutes. Soup stock or the liquid of a can of tomatoes may be used to cook the beans in place of the water. Serves 8.

Liver and Bacon

Fry bacon. Cut liver in slices, one-third inch thick. Cover with boiling water and let stand five minutes. Dry well, and roll in seasoned flour. Lay slices in smoking hot bacon fat. When they are browned on each side, they will be sufficiently cooked. Serve on hot platter and garnish with slices of bacon. Allow ⅓ pound raw liver to each serving.

Stuffed Pepper Surprise

2 green peppers . . . 4 small tomatoes . . . ½ cup cracker crumbs . . . 1 egg
½ cup milk . . . 2 tablespoons grated cheese . . . ½ teaspoon salt . . . Pepper

Select large peppers of even shape, cut in halves and remove seeds. Place a small peeled tomato in each half. Mix cracker crumbs with slightly beaten egg, milk and cheese. Add salt and pepper. Spread mixture over the tomato, letting it fill the cavity of the pepper to the top. Dot with shortening and place in individual ramekins. Bake in a moderately hot oven until the peppers are tender, about 30 minutes. This recipe makes four servings.

Currant Pudding

2 quarts currants . . . 1 quart raspberries . . . 1 lemon (juice)
1 cup tapioca . . . Sugar

Cook the fruit and lemon juice in just enough water to cover and strain after twenty-five minutes. Add sugar to taste, and the tapioca, and cook until clear. Pour into individual molds and set on ice to chill. Turn out in sauce dishes and serve with thin custard sauce. Serves 6.

Tuesday

Chicken a la King
Mashed Potatoes *Vegetable Harlequin*
Orange Jelly Baskets

Chicken a la King

Use left-over chicken from Sunday. Combine with white sauce and season with salt, pepper, paprika, pimientoes chopped fine and canned peas.

Vegetable Harlequin

Cook one-half peck spinach, as usual, in very little salted water. When done, drain very dry by pressing in colander, chop fine, and season. Cut three or four cooked beets into small dice, and heat in saucepan in tablespoon butter. Season with salt and pepper. Reheat about two cups drained cold peas in same way. Arrange spinach in ring around a small platter. It should be dry enough to make ridge one and one-half inches high. Inside ring, at either end, put beets, and in middle, peas, keeping line division as straight as possible. Over whole sprinkle minced parsley, and send very hot to table. This dish may be varied according to vegetables available, and is a good way to utilize small left-overs. Serves 6.

Orange Jelly Baskets

1 tablespoon gelatine . . . ½ cup cold water . . . 1 cup boiling water
1 cup sugar . . . 2 cups orange juice . . . 1 lemon

Soak gelatine in cold water 5 minutes, or until soft. Add boiling water to this, and sugar, orange and lemon juice. Strain. Keep on ice until ready to serve. Cut the orange rind in baskets, and fill with the jelly broken irregularly just before serving. Serves 6.

Wednesday

Oyster Stew *Crackers*
Baked Dried Lima Beans
Spinach Souffle
Apple Sauce and Gingerbread

Oyster Stew

1 quart oysters . . . 1 cup liquor . . . ½ cup water . . . ½ teaspoon salt
⅛ teaspoon pepper . . . 2 tablespoons butter . . . 1 tablespoon rolled cracker
½ cup milk or cream

Clean and pick over oysters as for oyster soup. Heat oyster liquor and water to boiling point, strain and add oysters. Heat until oysters grow plump and edges curl. Add seasonings, butter and cracker crumbs; add scalded milk or cream before serving. Serves 6.

Baked Dried Lima Beans

1 cup dried lima beans . . . 1 small onion . . . 1 pimiento
3 tablespoons shortening . . . ½ teaspoon salt . . . 1 teaspoon paprika
Boiling water

Soak the lima beans in one quart of cold water for several hours or over night. Drain off the water. Put the beans in an earthenware dish or covered casserole. Saute the thinly sliced onion and the pimiento, cut in small pieces, in the shortening for 5 minutes. Add to the beans with the salt, paprika and enough boiling water to cover the beans. Bake slowly until the beans are soft—about 2 hours. Add more water as it is needed. If the beans are cooked in boiling water, after soaking in the cold water, they may be baked in one hour. Serves 6.

Spinach Souffle

4 tablespoons shortening . . . ¼ teaspoon salt . . . ⅛ teaspoon pepper
3 tablespoons flour . . . 1 cup milk . . . 3 eggs . . . ½ cup cheese (grated)
1 tablespoon onion juice . . . 1 cup cooked spinach

Melt shortening, add seasonings, flour and milk and stir until thick. Beat eggs slightly and add slowly to the above mixture. Add grated cheese and onion juice. Grease baking dish in which place alternate layers of spinach and sauce. Bake in a moderate oven for 35 minutes (375 degrees). Serves 6.

Plain Gingerbread

3 tablespoons shortening . . . ⅔ cup boiling water . . . 1 cup molasses
2¼ cups flour . . . 1 teaspoon soda . . . 2 teaspoons ginger . . . ½ teaspoon salt

Melt the shortening by adding the hot water, and then add the molasses. Mix and sift the dry materials and add slowly to the liquid. Beat thoroughly, and bake in shallow pans in a moderate oven for about 25 minutes. Hot coffee may be used in place of hot water.

Thursday

Broiled Lamb Chops
Mashed Potatoes *Succotash*
Green Pea Salad *Cheese Straws*
Allegretti Apples

Broiled Lamb Chops

Remove fell or tough outer covering from chops. Sear under broiler, then season with salt and pepper. Turn once. Broil them about 12 minutes altogether.

Succotash

10 ears corn . . . 1 pint lima beans . . . 2 tablespoons shortening
1 teaspoon salt . . . 1 teaspoon pepper . . . 1 cup sweet cream

With a sharp knife cut corn from cobs, and add to lima beans the last fifteen minutes of cooking. The mixture should be cooked nearly dry. Add shortening, seasonings and cream, and simmer for ten minutes. Serves 8.

Green Pea Salad

Drain through a colander a can of peas. Chop two apples fine with one medium sized cucumber. Mix lightly with the peas and one-half cup of coarsely chopped pecan or English walnut meats. Serve on crisp lettuce with mayonnaise.

Cheese Straws

5 tablespoons flour . . . ⅛ teaspoon salt . . . few grains cayenne
½ tablespoon shortening . . . ½ cup bread crumbs . . . ⅓ cup grated cheese
1 tablespoon milk

Mix flour and seasonings, chop in shortening, add crumbs, and grated cheese and mix well, add milk to make a stiff dough, knead well; roll into a sheet one-fourth inch thick and cut into strips one-third inch wide. Bake in a moderate oven for 10 minutes.

Allegretti Apples

4 red apples . . . 2 egg whites . . . 1 cup powdered sugar
1 teaspoon vanilla . . . salt . . . 2 squares bitter chocolate

Wash and core apples and place in glass baking dish; half cover with cold water. Bake slowly, and when cool, cover with the following frosting: Beat the whites of eggs very stiff; add sugar, vanilla and a few grains of salt. Beat until very smooth. Pour over apples and after it is almost hard, pour melted bitter chocolate over it to make a coating. Serves 4.

Friday

Scalloped Salt Codfish
Potato Cakes *Brussels Sprouts in Cheese*
Baked Bananas

Scalloped Salt Codfish

1 cup salt codfish . . . ¼ cup rice . . . 1 tablespoon shortening
1 tablespoon flour . . . 1 cup milk . . . 2 tablespoons crumbs

Cook rice in boiling water until tender. Soak codfish over night or put in cold water and bring to boiling point. Drain. Flake fish. Make white sauce by melting fat, adding flour, stirring until blended, then adding milk. Stir until thickened. Spread rice, codfish and white sauce in layers in oiled baking dish. Cover with crumbs and bake 20 minutes in moderate oven. Any left-over fish may be used. Serves 6.

Potato Cakes

Shape left-over mashed potato into small round cakes, dip in egg and fine bread crumbs, and fry in hot fat in frying pan. Turn with pancake turner to prevent breaking. Brown well on both sides.

Brussels Sprouts in Cheese

1 quart brussels sprouts . . . 1 quart water
½ cup shortening . . . shake of pepper . . . ⅔ cup grated cheese

Clean and cook sprouts in the salted water, drain thoroughly. Saute the sprouts in the heated shortening. When very hot stir in the cheese and seasoning, stirring gently until cheese is melted. Serve immediately in hot dish. Serves 6.

Baked Bananas

6 bananas . . . 1 cup sugar . . . 1 cup hot water
½ cup red cinnamon candies . . . 1 lemon (juice) . . . 1 tablespoon shortening

Peel bananas and lay in a greased pan. Bring the other ingredients to a boil and pour over the bananas. Bake for 50 minutes. Serves 6.

Saturday

Hamburg Steak *Boiled Rice*
Beets
Upside-down Prune Cake

Hamburg Steak

Chop raw lean beef quite fine, season with salt, pepper and a little onion juice. Make it into small flat cakes and pan broil in a hot frying pan. Serve very hot with butter or Maitre d'Hotel Sauce. Make the proportions about one-fourth fat to three-fourths lean meat. The seasoning for this is in the proportion of one teaspoon of salt, one-fourth teaspoon pepper and a few drops of onion juice for one pint of meat after it is chopped. Allow ¼ pound raw beef to a serving.

Beets

Be sure the beets are young and fresh. Old beets will never cook tender. The time for cooking beets depends on age and freshness. Cut off the tops to within an inch of the tuber; scrub with a vegetable brush, never cut. Cook in boiling water until tender, from 1 to 4 hours. When done plunge in cold water to remove the skins. Serve whole or sliced. Season with butter, salt and pepper.

Upside-down Prune Cake

3 tablespoons shortening . . . 1 cup brown sugar . . . ⅓ cup nut meats
2 cups cooked prunes, pitted . . . 1 egg, well beaten . . . 1 cup sugar
1 cup flour . . . 2 teaspoons baking powder . . . ¼ teaspoon salt
½ cup prune juice . . . 1 teaspoon vanilla . . . ¼ teaspoon lemon

Melt shortening in large frying pan, spread the brown sugar evenly over this, then nut meats and pitted prunes. Beat the egg, add sugar and beat until very light. Add flour, baking powder and salt, sifted together, alternately with the prune juice. Add flavoring. Cover the prunes with the batter and bake in a moderate oven (375° F.) for 40 minutes. Turn from frying pan onto large plate and serve with whipped cream, or hard sauce. Serves 10.

FOURTH WEEK'S MENUS

Sunday

Roast Pork *Scalloped Potatoes*
Stuffed Tomatoes with Corn
Celery *Biscuits*
Rhubarb Tutti-Frutti Shortcake

Roast Pork Loin Rib

The meat is usually cut quite close from these and used for steaks. Follow the general directions for roasting and allow 30 minutes for each

pound. Serve with apples roasted in the same pan or fried. Save all the drippings from the baking pan and see that the glaze is all dissolved. If the oven has not been too hot, this fat will serve for frying and the gravy can be made to serve with the cold roast.

Scalloped Potatoes

(See index)

Stuffed Tomatoes with Corn

6 medium tomatoes . . . 1 cup corn
1 teaspoon salt . . . 2 tablespoons shortening

Remove centers from tomatoes and fill with seasoned canned corn. Bake in moderate oven (375 degrees) for 20 minutes. Serves 6.

Rhubarb Tutti-Frutti Shortcake

2 cups stewed rhubarb . . . ½ cup dates pitted
½ cup raisins . . . 1 cup cream, whipped

Make a short cake by any preferred recipe, split and butter it quickly, and spread at once with a filling made as follows: Cook together for 5 minutes the stewed rhubarb, dates, and raisins, chopped fine. Spread over each layer while both cake and filling are hot and put a thin layer of whipped cream on top of the layer of fruit before covering with the top layer of the short cake. This dessert should be served at once with whipped cream or with thick, sweet cream and sugar. Serves 6.

Monday

Corned Beef with Boiled Potatoes
Fried Cabbage
Apple Dumplings No. 2

Corned Beef with Boiled Potatoes

Rinse corned beef in cold water, tie it in shape, put in kettle and cover with cold water. Bring to boil, then simmer until tender, allowing ¾ hours per pound of meat. When almost done, remove some of the water and cook the pared potatoes in with the corned beef.

Fried Cabbage

1 cabbage, medium size . . . 3 tablespoons bacon fat . . . 1 cup diced apple
1 small onion minced . . . ⅛ teaspoon caraway seed . . . ¼ teaspoon paprika

Soak cabbage, cut fine, in salted water for ten minutes. Drain, add rest of ingredients and saute slowly in bacon fat, covered, for 1 hour. Serves 6.

Apple Dumplings

½ recipe for shortcake . . . 3 large apples
4 tablespoons sugar . . . 1 tablespoon butter . . . boiling water

Roll the dough into a sheet and cut in five-inch squares. Core and halve the apples. Fold each piece of apple in a square of paste, bringing the corners to the core. Turn dumplings upside down in a well greased dripping pan. Dot with bits of butter, sprinkle with sugar. Set the pan in a quick oven and after 10 minutes, pour on boiling water to half cover. Baste often and bake 30 minutes in a moderate oven. Serve with cream or the syrup from the pan. Serves 6.

Tuesday

Cold Roast Pork, Sauce Prague
Sweet Potatoes with Nuts *Muffins*
Maple Tapioca Pudding

Sauce Prague

1 cup fresh bread crumbs . . . ¼ teaspoon salt
½ cup beef broth . . . 4 tablespoons grated horse-radish . . . 4 tablespoons shortening

Add the bread crumbs and salt to the beef broth, cook for 10 minutes, stirring occasionally. Rub through a puree strainer. Add the horse-radish and shortening, a little at a time, mix well but do not boil. Serve with beef steak or cold boiled beef or roast veal.

Sweet Potatoes with Nuts

Bake large potatoes in halves. When done, scoop out pulp, mash it well, season with salt, pepper, butter and little cream, add ½ cup chopped nut meats. Heap the pulp back into the half-shells, lay a slice of bacon on each, place in hot oven to crisp the bacon.

One Egg Muffins

1½ cups flour . . . 3 teaspoons baking powder . . . 2 tablespoons sugar
½ teaspoon salt . . . 1 cup milk . . . 1 egg . . . 2 tablespoons melted shortening

Measure, mix and sift dry ingredients; add milk, beaten egg and melted shortening; beat vigorously. Half fill well greased muffin tins and bake in hot oven 25 minutes. Makes 9.

Maple Tapioca Pudding

⅓ cup minute tapioca . . . 3 cups scalded milk . . . 2 egg yolks, well beaten
¼ teaspoon salt . . . 1 tablespoon shortening . . . ⅓ cup maple sugar
2 egg whites, beaten stiff

Cook tapioca in milk in a double boiler until clear. Add well beaten egg yolks, salt, shortening, powdered maple sugar. Mix all thoroughly, then stir in the stiffly beaten whites of the eggs, and bake. If preferred, the whites may be reserved, sweetened and spread over the baked pudding as a meringue, then lightly browned. Serves 6.

Wednesday

Italian Style Spaghetti
Fried Celery — Lettuce Salad
Orange Souffle

Italian Style Spaghetti

Cook the desired amount of spaghetti whole and long in boiling salted water till tender, but not oversoft.

To each 2 cups of it add 3 tablespoons butter and toss it in a chafing dish between two forks until butter is absorbed by the spaghetti. Then add 1 cup grated cheese and a small can tomato paste diluted with half the can of water. Keep tossing spaghetti gently over the chafing dish water (double boiler will do) until cheese is melted and all is very hot. Serve with a small amount grated cheese sprinkled over the top, or passed at table in a separate dish. It is best to use Parmesan cheese for this dish.

Fried Celery

2 cups flour . . . 2 teaspoons baking powder . . . ¼ teaspoon salt
1½ cups milk . . . 2 eggs, beaten . . . ½ cup melted shortening . . . celery

Make a batter of flour and baking powder, salt well sifted together, milk, beaten eggs and shortening. Cut as many stalks of celery as desired in three or four inch pieces, and cook in boiling salted water until tender. Drain and let dry on a platter; dip them into the batter until well coated and fry in hot fat until brown. Serve on a flat dish with a border of celery leaves.

Orange Souffle

3 egg yolks, beaten . . . 3 tablespoons powdered sugar
1 tablespoon orange rind, grated . . . ½ cup cake crumbs . . . 1 orange (juice)
½ tablespoon lemon juice . . . ¼ teaspoon salt . . . 3 egg whites, beaten stiff
1½ tablespoons currants . . . 1 cup cream, whipped

Beat egg yolks until lemon colored and very thick. Add sugar, orange rind, cake crumbs that have been soaked in the strained orange juice, lemon juice and salt. Mix the ingredients thoroughly and fold in the stiffly beaten egg whites and currants. Pour into a greased souffle dish and bake for 25 minutes in a moderate oven. Serve with sweetened whipped cream. Serves 4.

Thursday

Meat Pie with Mashed Potato Top
Flemish Carrots *Sliced Cucumbers*
Apple and Cheese Betty

Meat Pie with Potato Crust

1½ pounds round steak . . . 3 tablespoons shortening . . . 1 cup boiling water
½ teaspoon salt . . . ⅛ teaspoon pepper . . . 2 cups flour
4 teaspoons baking powder . . . 1 cup mashed potatoes
½ cup shortening . . . milk

Cut steak into inch wide strips and brown in hot shortening. Cover with boiling water and simmer until tender. Add salt and pepper, put the meat into a baking dish and pour the gravy over. Sift the baking powder and flour together. Work in the shortening, add the potatoes, then milk sufficient to handle. Pat lightly to fit the top of the baking dish, cover the meat with this, cut three slits across the crust to allow the steam to escape and bake for 25 minutes in moderate oven (400° F.). Serves 6.

Flemish Carrots

1 quart carrots sliced . . . 1 quart boiling water . . . ¾ teaspoon salt
3 tablespoons shortening . . . 1 onion sliced . . . 1 teaspoon sugar
½ teaspoon salt . . . ⅛ teaspoon pepper . . . 1½ cups soup stock
1 sprig parsley, chopped

Cook carrots in boiling water and salt until tender. Drain. Brown onion in shortening, add carrots, seasoning and soup stock and simmer 30 minutes. Add parsley and serve. Serves 8.

Apple and Cheese Betty

Arrange alternate layers sliced apples and bread crumbs in an oiled baking dish. Sprinkle each layer of apples with brown sugar and cinnamon, or finely grated, full-cream cheese, leaving crumbs for top layer. Place the dish in a pan of water to bake, as it burns easily. Serve with sweetened cream.

Friday

Creamed Eggs on Toast
Farmer's Dish *Buttered Toast*
Canned Cherry Pudding

Creamed Eggs on Toast

Make a rich white sauce, seasoning it highly with salt, pepper, paprika and minced parsley or chopped chives. Hard-cook several eggs, allowing

2½ eggs per serving. Cut them in crosswise slices into the white sauce, heat thoroughly and serve on toast.

Farmer's Dish

3 cups sliced cooked potatoes . . . 1 can corn . . . 1 tablespoon onion, minced
Salt and pepper . . . 2 tablespoons shortening . . . 1 cup milk
⅓ cup cracker crumbs

In a deep, well greased baking dish, place layers of the cooked potato and corn, seasoning with salt, pepper, onion and bits of shortening. Repeat until dish is full. Cover with crumbs and shortening, then add milk. Bake in moderate oven for 45 minutes. Serves 6.

Canned Cherry Pudding

1 can cherries . . . 1 cup milk . . . 1 tablespoon sugar
1 tablespoon melted shortening . . . 2½ cups sifted flour . . . 2 eggs beaten
4 teaspoons baking powder . . . ½ teaspoon salt

Beat all ingredients together except cherries. Drain cherries and add to batter. Turn into greased mold and steam 2 hours. When ready to serve make a sauce of the cherry juice, thickened with cornstarch, and sweetened with sugar. Teaspoon of rum extract may be added to give extra flavor. Serves 8.

Saturday

Cold Boiled Ham
Creamed Potatoes *New Peas*
Spinach Salad *Rhubarb Pie*

New Peas

Peas should be cooked as soon after picking as possible. If the peas are gritty, wash before shelling. Place in boiling water, enough to half cover; cook in an uncovered dish for 20 minutes or until tender. Add salt the last 10 minutes of cooking. Let the water reduce until there is just enough to moisten the peas; add the butter and serve hot. To one quart of cooked peas, use one-half teaspoon salt, one-sixteenth teaspoon pepper, and two tablespoons of butter. Two or three tablespoons of cream may be substituted for the butter. Serves 8 to 10.

Spinach Salad No. 1

Wash thoroughly and boil one-half peck spinach. If it is young and tender cook in its own juices, heating it in saucepan very gradually to prevent burning. Cook 25 minutes or until tender. Old spinach is better cooked in boiling salted water. Allow one-half cup water to one peck

spinach. When tender drain spinach and chop it with six hard cooked eggs. Add one cup toasted bread crumbs and one-half cup minced boiled ham. Pack in small cups or molds. Chill on ice and when ready to serve surround each mold on serving plate with olives and dress with mayonnaise.

Spinach Salad No. 2

2 cups cooked spinach . . . 1 teaspoon salt . . . ¼ teaspoon paprika
3 tablespoons French dressing . . . 2 tablespoons lemon juice
Grated yolk of 3 hard cooked eggs

Mix above ingredients, arrange on lettuce leaf, garnish with chopped egg whites and pimientoes.

Rhubarb Pie

1 pint rhubarb, cut in small pieces . . . ⅔ cup sugar . . . 1 tablespoon cornstarch
⅓ cup cold water . . . 1 teaspoon melted shortening . . . plain pastry

Mix rhubarb and sugar. Cook sauce until it is thick. Add cornstarch, dissolved in water. Cook mixture until it is clear. Add melted shortening, invert pie pan. Cover with plain pastry, fitting the pan carefully. Trim off edges if necessary. Prick top with fork. Set pan on thin sheet in order that edge of crust may not touch floor of oven. Bake pastry in quick oven 15 minutes, or until well done and a good brown. Slip crust from outside of pan and place it on inside. Fill with rhubarb mixture and heap meringue lightly on top. Brown meringue slightly in slow oven. Sufficient for 1 pie.

FIFTH WEEK'S MENUS

Sunday

Roast Chicken with Dressing
Mashed Potatoes *Gravy* *Cauliflower Roumanian*
Devil's Food Cake, Whipped Cream

Roast Chicken with Dressing

(See index)

Cauliflower Roumanian

1 tablespoon shortening . . . 1 minced onion . . . 2 cups water . . . 1 cauliflower
½ teaspoon salt . . . pepper . . . 2 diced ripe tomatoes . . . ¼ cup rice

Brown onion in shortening, add cauliflower broken into flowers and cook in the water. Add seasonings and tomatoes. When half done, add the rice and continue cooking until rice is tender. Serves 6.

Devil's Food Cake, Whipped Cream

1. Melt 6 squares chocolate with ½ cup sugar, ¼ teaspoon baking soda and ⅓ cup milk. Set aside to cool while making main portion of cake.
2. Cream ¾ cup margarine with 1¼ cups sugar.
3. Add 2 eggs, unbeaten, and beat well for 3 minutes.
4. Combine 2½ cups sifted flour, 4 teaspoons baking powder, and ⅜ teaspoon salt, and add to the creamed mixture alternately with ⅔ cup milk.
5. Add chocolate mixture, with 1 teaspoon vanilla.
6. Pour into 3 well greased or papered round or square cake pans and bake in moderate oven (375°) about 15 minutes.

Serve in slices with whipped cream between each slice and on top.

Monday

Casserole Liver and Bacon
Mashed Potatoes Fried Apples
Tomato, Green Pepper Salad
Caramelized Rice and Apple Pudding

Casserole Liver and Bacon

1 lb. sliced liver . . . 3 slices fat bacon . . . pepper
4 slices onion . . . 3 cups mashed potatoes . . . salt . . . 1½ teaspoons powdered sage
3 bouillon cubs . . . 1 cup water

Fry liver and bacon to light brown color. Add onions to bacon fat and brown them. Line a casserole with the mashed potato, put in alternate layers of bacon, liver and onions. Sprinkle with the seasonings. Dissolve the bouillon cubes in hot water and pour over the contents of casserole, covering all with layer of mashed potato. Bake 1 hour in moderate (375°) oven. Serves 6.

Fried Apples

Pare and dice several cooking apples. Fry them slowly in bacon fat till soft and mealy.

Tomato, Green Pepper Salad

Cut fresh tomatoes in chunks, and green peppers in slivers, toss them together in salad bowl with French dressing. Let stand till very cold and serve from the bowl which has been garnished with crisp and cold lettuce leaves.

Caramelized Rice and Apple Pudding

1 cup sugar . . . 3 cups boiling water . . . 1 cup raw rice
5 good-sized cooking apples

Caramelize the sugar by allowing it to slowly melt until brown. Add the boiling water slowly and simmer till sugar is dissolved, then add the rice, previously washed. Boil 5 minutes, turn into greased pudding dish with the sliced, pared apples. Place in hot oven and cook till rice is tender, stirring frequently. Serve cold with cream and sugar. Serves 6.

Tuesday

Liberty Chicken *French Fried Potatoes*
Okra Creole
Snowball Peaches

Liberty Chicken

¾ cup butter or margarine . . . ¾ cup flour . . . 3¾ cups milk
1½ cups diced cooked chicken . . . 1 small can pimientoes
½ cup small button mushrooms, cooked . . . 3 teaspoons salt . . . ¼ teaspoon pepper
¼ cup chopped parsley . . . dash paprika
1½ tablespoons capers . . . 1 beaten egg

Make white sauce by melting the butter or margarine, smoothing flour with it and then gradually creaming in the milk. Let bubble several minutes. Add chicken, pimientoes and mushrooms, heating well. Add seasonings. Just before ready to serve, stir in beaten egg, and cook 1 minute to set egg. Serve with toast, or with a round of pie crust dough previously baked, laid on top of each serving.

French Fried Potatoes

Pare potatoes and let stand in cold water an hour. Cut in slices, blocks, strips, balls or any fancy shape. Dry on towel. Drop quickly into hot, deep fat, hot enough to bring them quickly to the surface. When they float, remove, drain on soft paper, sprinkle with salt and serve hot.

Okra Creole

2 tablespoons shortening . . . 1 large minced onion
1 chopped clove garlic . . . 1 shredded green pepper . . . salt
3 large sliced tomatoes . . . 1 qt. sliced okra . . . 1 sprig parsley
Cayenne and pepper

Cook shortening, onion, garlic, green pepper and tomatoes together 5 minutes. Add okra, which has been washed and sliced, and the minced parsley. Cook in covered pan till okra and pepper are tender. Season, cook another 10 minutes. Serves 8.

Snowball Peaches

Make a syrup of 1 cup each of sugar and water, cooked just short of the thread stage, flavor with lemon juice.

Place whole ripe (peeled) or halves of canned peaches in the syrup while it is boiling hot, and leave there until thoroughly cold. Drain the peaches. If whole peaches are used, roll each one in desiccated cocoanut or fresh grated cocoanut. If halves of canned peaches are used fill the cavities with chopped nuts, press two halves together and roll in the cocoanut, fastening together with toothpick if necessary. Serve with the peach syrup and plain cream.

Wednesday

Beef Stew with Vegetables
Dumplings *Asparagus Cheese Salad*
Lemon Pudding

Beef Stew with Vegetables

2 lbs. lean beef from round, or 2½ lbs. if there is a bone . . . salt and pepper
1 quart water . . . ½ cup carrots, cut in ½ inch cubes
½ cup turnips, cut in ½ inch cubes . . . ½ small onion, cut in thin slices
2 cups potatoes, cut in ¼ inch slices . . . 3 tablespoons flour

Wipe meat with wet cloth; separate meat, bone and fat. Fry out some of the fat in a frying pan, cut meat into 1½ inch cubes, sprinkle with salt and pepper and dredge with flour. Sear the meat in the hot fat, stirring constantly. When all surfaces are well browned, put in the kettle, cover and let boil up once, skim and then simmer for 2½ hours. Add carrots, turnips and onion the last hour of cooking. Parboil the potatoes and add to stew 15 minutes before taking from fire. Remove bone, large pieces of fat and skin. Thicken with three tablespoons flour diluted with enough water to pour easily. Let the stew come to the boil again and cook 10 minutes. Mutton, lamb or veal can be cooked in this manner. When veal is used, try out two slices of pork, as there will not be much fat on the meat. Lamb and mutton should have some of the fat put aside and butter substituted. Serves 6.

Dumplings for Stews

2 cups sifted flour . . . 4 teaspoons baking powder
½ teaspoon salt . . . 1 cup milk

Mix and sift dry ingredients; mix with milk and drop by spoonfuls into boiling stew. Cover tight and cook for ten minutes. These may be dropped on greased plate and cooked in steamer over fast boiling water.

Asparagus Cheese Salad

Mix one tablespoon of gelatine with one-third cup of cold water. Then add one cup of boiling water and one-half teaspoon of salt. Allow to chill until it is of consistency of thick syrup and beat until fluffy with beater.

Fold in one-half pound of grated cheese, one small can of asparagus tips and one-fourth cup of pimientoes, cut in small pieces. Let stand until set and serve on shredded lettuce with mayonnaise.

Lemon Pudding

10 egg yolks . . . ½ lb. sugar . . . 3 lemons (juice) . . . 1 lemon (grated rind)
1 ounce gelatine . . . ¾ cup warm water . . . 10 egg whites, beaten stiff
1 cup cream, whipped

Whip the yolks, sugar, juice and rind of lemon very well, cook over boiling water until thick. Add gelatine dissolved in warm water. Add whites of eggs whipped very stiff. Chill well. Serve with whipped cream. Serves 6.

Thursday

Creamed Dried Beef
Potatoes a la Italienne *Cabbage and Carrot Salad*
Raspberry Cream

Creamed Dried Beef

Frizzle the dried beef in frying pan with butter or margarine. Add flour enough to make paste. Let bubble. Gradually add milk, stirring smooth, until of right consistency. Season if necessary. Just before serving, add one beaten egg. Serve on potatoes, biscuits or toast points.

Potatoes a la Italienne

2 cups mashed potatoes . . . ½ cup cream or top milk . . . 2 tablespoons shortening
½ teaspoon salt . . . 1 tablespoon onion juice . . . 1 tablespoon chopped parsley
½ cup finely chopped cooked ham . . . 1 egg yolk, beaten
3 egg whites, beaten stiff . . . 1 tablespoon grated cheese

Combine all ingredients but cheese. Beat until light and fluffy. Heap lightly on greased baking dish, leaving top rough. Sprinkle with cheese. Brown delicately in moderately hot oven for 15 minutes. Serves 8.

Carrot and Cabbage Salad

1 cup grated raw carrot . . . 1 cup shaved cabbage
1 tablespoon lemon juice . . . ½ cup mayonnaise

Combine lightly all ingredients.

Raspberry Cream

2 tablespoons gelatine . . . 1 cup cold water . . . 1 tablespoon lemon juice
3 tablespoons preserved raspberries . . . 1½ cups cream, whipped

Soften gelatine in the cold water and dissolve over boiling water, add lemon juice, raspberries rubbed through a sieve, and whipped cream. Pour

into jelly mold dipped in cold water, and chill until firm. Preserved strawberries or currant jelly may be substituted for the raspberries. This may be used as a filling for pastry cases or meringue shells. Garnish with whipped cream if desired. Serves 6.

Friday

Julienne Soup
Broiled Halibut, Hollandaise Sauce
German Fried Potatoes *Swiss Chard*
Chiffon Lemon Pie

Julienne Soup

1 qt. brown stock . . . 1 pt. mixed vegetables—celery, turnip, carrot, onion, cabbage
½ teaspoon salt . . . ⅛ teaspoon peppercorns

Cut celery and turnip into cubes. Cut carrot into long thin pieces, slice onion. Cabbage should be coarsely chopped. Cook the vegetables in boiling seasoned water until tender. Drain them and add to the soup a few minutes before serving. A richer soup may be had by retaining the vegetable stock. Serves 8.

German Fried Potatoes

Place sliced cold boiled potatoes into a frying pan with hot fat. Add a bit of finely chopped onion and a little finely minced parsley, salt and pepper. Cover pan and cook slowly. Let brown well on one side, then turn potatoes with pancake turner and brown on other side also. Uncover pan after first few minutes' cooking.

Broiled Halibut

Wipe with cloth wrung out of cold water; season slices with salt and pepper, roll in flour or corn meal and broil for 25 minutes. Serve with Maitre d'Hotel Butter.

Sauce Hollandaise

2 egg yolks . . . ¾ tablespoon lemon juice . . . ¼ teaspoon salt
Few grains cayenne . . . ½ cup shortening . . . ⅓ cup boiling water

Add yolks of eggs, lemon juice and seasonings to one-third of the shortening; place in a saucepan over boiling water and stir constantly until shortening is melted. As it thickens, add the rest of the shortening, a bit at a time, then the water, and cook one minute.

Plain Swiss Chard

This is the ordinary method of preparing it, but there are a few points to be observed. Cook the entire stalks, including the leaf, in very little

water until tender; remove, drain and chop very fine. Return to kettle, season with salt, a little pepper, a saltspoon of sugar and piece of butter; let it get very hot, place in hot dish and garnish with small toast points. Serve with French dressing or vinegar.

Chiffon Lemon Pie Filling

3 egg yolks, well beaten . . . 1 cup sugar . . . 1 lemon (grated rind and juice)
3 tablespoons boiling water . . . 3 egg whites, beaten stiff

Beat egg yolks till very light, gradually add half the sugar, the grated lemon rind and juice, then the boiling water. Cook in double boiler until mixture coats a spoon. Add remaining sugar to stiffly beaten egg whites and fold into custard. Pour into baked pie shell, and serve. Makes 1 pie.

Saturday

Pan-Broiled Steak
Fried Sweet Potatoes *Cauliflower*
Souffle Apples
Hard Sauce

Pan Broiled Steak

Wipe steak with damp cloth and trim, heating iron frying pan smoking hot and rub with fat. Lay the steak in the pan, sear each side quickly, then cook more slowly about four minutes, turning often. When done, lift to a hot platter; add salt and pepper; dissolve the glaze in frying pan in two or three tablespoons of hot water, pour over the steak and serve.

Fried Sweet Potatoes

Cut cooked sweet potatoes in thick slices lengthwise. Dip in flour. Fry in hot bacon fat or other drippings until nicely browned on both sides. Sprinkle with sugar, salt and pepper as they are frying.

Cauliflower

Trim off outside leaves and lay blossoms in cold salted water. Slugs and other insects will drop out, especially if gently shaken in the water. Tie in a piece of mosquito netting and lay, head up, in boiling salted water and cook gently from 20 to 30 minutes, or until very tender. Drain and serve with Hollandaise Sauce or Cream Sauce No. 1. This makes a delicious garnish for fried spring chicken or fried sweetbreads. Cauliflower with Parmesan cheese is made as above, adding a teaspoon of Parmesan cheese to the sauce before it is poured over the cauliflower. Sprinkle melted butter over it and bake a few minutes in a hot oven.

Souffle Apples

5 tart apples . . . 2 tablespoons melted shortening . . . ½ cup sugar
1 lemon (juice and rind) . . . 3 eggs, beaten light . . . Dash of nutmeg

Pare and grate the apples, add the shortening, sugar and lemon juice and rind, then the eggs. Pour the mixture into a greased dish, grate a little nutmeg on top and bake 30 minutes in a moderate oven. Serve hot with hard sauce. Serves 6.

SIXTH WEEK'S MENUS

Sunday

Braised Leg of Mutton, Stuffing
Browned Potatoes Eggplant Fritters
Stuffed Tomato Salad No. 2
Banana Puffs

Braised Leg of Mutton

Remove bone, trim, wipe with wet cloth, stuff, sew and tie it up. Put two tablespoons of shortening in braising pan and, when melted, add one-half onion, one slice carrot and one of turnip, all cut fine. Stir for 5 minutes and then put in the mutton dredged with flour; cover and cook slowly for 15 minutes; add one quart of boiling water or stock and one and one-half teaspoons salt, and twelve peppercorns. Cover closely and bake three hours, uncovering for the last half hour. Place meat on hot platter and remove strings. Skim off some of the fat from liquor in braising pan, boil rapidly until reduced to one and three-fourths cups. Strain, thicken with three tablespoons shortening and four tablespoons flour cooked together until well browned. Serves 10.

Stuffing

1 cup bread crumbs . . . ¼ cup melted butter . . . 2 tablespoons boiling water
¼ teaspoon salt . . . ¼ teaspoon thyme . . . pepper

Mix in order given.

Eggplant Fritters

Slice and peel eggplant, cover with boiling water, cook 15 minutes. Drain, mash, season with salt and pepper. Mix with 2 well beaten eggs, enough flour to make a thick batter, then drop by spoonfuls into hot fat and fry till brown. Drain on soft paper, serve hot.

Stuffed Tomato Salad No. 2

4 tomatoes . . . 12 fillets anchovies . . . 8 clams . . . 1 small tomato
1 egg, hard cooked . . . watercress, minced fine . . . French dressing

Peel four medium sized tomatoes and scoop out seeds and some pulp, leaving hollow shell. Chill these in the icebox. Prepare salad mixture with anchovies, clams and tomato, all finely minced, and hard cooked egg and two sprigs watercress, hashed fine. Bind together with French dressing and stuff tomato shells with this mixture. Dress with Sauce Supreme. Mask tomatoes with this and put each on lettuce leaf.

Banana Puffs

1 cup sugar . . . 1 cup flour . . . 1 teaspoon baking powder
3 well beaten eggs . . . ¼ cup milk

Beat together well and stir into the batter 3 thinly sliced bananas. Half fill buttered custard cups and steam or bake 1 hour. Serve with cream, or with lemon sauce.

Monday

Bohemian Barley Soup
Corn Fritters and Bacon
Creamed Carrots Endive Salad
Rice with Apple Compote

Bohemian Barley Soup

¼ cup rice or barley . . . 1 diced carrot . . . 1 diced potato . . . 4 dried mushrooms
1 qt. water . . . ½ sliced onion . . . parsley . . . 1 minced clove garlic
1½ tablespoons butter or margarine . . . 1 tablespoon flour . . . salt and pepper

Cook rice or barley in boiling salted water. Cut up the carrot, potatoes and mushrooms and boil in the part of water. When almost finished, add the sliced onion, parsley and garlic, which has been cut exceedingly fine. Add the barley or rice. Melt the shortening and brown the flour in it, then add it slowly to the soup. Serves 6.

Corn Fritters

¾ cup flour . . . 1 teaspoon baking powder . . . paprika . . . salt and pepper
1 beaten egg yolk . . . 1½ tablespoons milk
½ can corn (or fresh corn) . . . 1 egg white beaten stiff . . . bacon

Mix dry ingredients, add egg yolk mixed with milk and corn, fold in egg white. Drop spoonfuls into hot bacon fat (from bacon previously fried and kept in hot place). Lay on a hot platter, garnishing with the bacon slices. Serves 5.

Creamed Carrots

Boil carrots, which have been cut in long, thin strips. Drain if necessary, add salt and pepper. Make a cupful of white sauce separately, and add the carrots, cooking gently just a few minutes.

Rice with Apple Compote

3½ cups sugar . . . 2½ cups water
6 apples . . . 4 slices lemon . . . 2 cups cooked rice

Cook sugar and water together ten minutes. Pare, core and cut apples in thick, round slices. Add lemon slices to syrup and cook apples, a few slices at a time, until all are cooked. Arrange rice in bottom of serving dish. Arrange slices of apples overlapping each other on top of rice. Boil the syrup until thick and pour over apples. Cool and serve. Pears, peaches or oranges may be substituted for apples. Serves 6.

Tuesday

Assorted Cold Meat Cuts
Creamed Potatoes *Princess Cabbage*
Canned String Bean Salad
Chocolate Meringue Pie

Assorted Cold Meat Cuts

Purchase quarter-pound portions of several of the commercially prepared ready-to-serve meats, such as boiled or baked ham, veal loaf, liverwurst, minced ham, etc. Arrange it artistically on a large platter, garnished with olives, radishes, pickles and slices of hard cooked eggs.

Creamed Potatoes

Make a rich white sauce. To it add diced potatoes previously cooked. Two cups white sauce to about 6 or 8 medium-sized potatoes make about right proportion. Add 2 tablespoons minced parsley, and season to taste.

Princess Cabbage

1 small head cabbage . . . 2 cups milk . . . 1 tablespoon flour
1 tablespoon shortening . . . ½ teaspoon salt . . . ¼ teaspoon pepper
1 cup buttered crumbs

Chop coarsely the head of cabbage and cover with ice water for one hour. Drain and add milk and sufficient water to cover, and cook for 30 minutes. Drain again and add to the liquid, the flour, shortening and seasoning. Cook until thick. Mix with the cabbage, cover with the buttered crumbs and bake in a hot oven (400° F.) until brown, about 20 minutes. Serves 6.

Canned String Bean Salad

Drain the string beans. Marinate them in French dressing in ice box for at least an hour. Add 1 finely minced onion, 1 tablespoon minced parsley

and 2 tablespoons chopped celery to each No. 2 can string beans. Season with additional French dressing, salt, pepper, dash mustard.

Chocolate Meringue Pie

1½ cups milk . . . ¾ cup sugar . . . 4 egg yolks, well beaten . . . ¼ cup shortening
2 squares chocolate, melted . . . 4 egg whites, beaten stiff
½ cup powdered sugar . . . ½ teaspoon vanilla

Make custard of milk, sugar and egg yolks, well beaten. Add shortening and melted chocolate. Pour mixture into pan, lined with pastry, and bake until filling is firm. Make meringue of egg whites, beaten very stiff, the powdered sugar and vanilla. Cover pie with meringue and bake 15 minutes in very slow oven. Serves 6 people.

Wednesday

Codfish au Gratin *Rice*
Savory Eggplant
Cottage Pudding, Creamy Hard Sauce

Codfish Au Gratin

3 cups flaked cooked codfish . . . 1 tablespoon shortening . . . 1 tablespoon flour
½ teaspoon salt . . . ⅛ teaspoon pepper . . . 1 cup milk
⅔ cup grated cheese . . . 1 cup buttered bread crumbs

Bone the cooked codfish and put into greased baking dish. Cover with cheese sauce made of the other ingredients, reserving bread crumbs for the top. Bake until brown and serve hot. Serves 6.

Boiled Rice

1 cup rice . . . 2 qts. boiling water . . . 1 tablespoon salt

Wash the rice thoroughly in several changes of water; cook in rapidly boiling salted water for 30 minutes, or until soft, which is determined by tasting the kernels. Drain in a strainer and pour boiling water over it. Shake slightly and let it stand in a warm place until ready to serve. Serves 6.

Savory Eggplant

1 eggplant, diced . . . 1 onion sliced . . . 1 pepper, diced
½ teaspoon salt . . . ¼ cup water . . . 2 tablespoons shortening

Saute onion slowly until clear in shortening, add other ingredients and cook slowly 30 minutes in closely covered pan. Serves 6.

Cottage Pudding

2 cups fruit . . . 2½ cups flour . . . 4 teaspoons baking powder
¾ cup sugar . . . 1 egg, beaten . . . 1 cup milk . . . 3 tablespoons melted shortening

Put in the bottom of round greased pudding dish two cups firm fruit, as sliced apples, peaches, cherries, etc. If very acid, sweeten to taste. Let them heat through and pour over the following mixture: Sift together flour, baking powder and sugar, add beaten egg and milk. Mix well and add shortening. Beat vigorously. Bake 35 to 40 minutes. Serves 8.

Creamy Hard Sauce

⅓ cup butter . . . ⅛ teaspoon salt . . . ⅞ cup confectioners' sugar
¼ teaspoon hot water . . . ½ teaspoon vanilla . . . ⅛ teaspoon lemon
½ cup cream, whipped

Cream butter well, add salt and sifted sugar gradually. Add hot water and flavorings and beat well. Fold this into whipped cream.

Thursday

Baked Beans
Concordia Swiss Chard *Left-over Salad*
Frozen Orange Cake

Baked Beans

If this is to be a quickly prepared meal, use canned baked beans, adding seasonings as desired.

Concordia Swiss Chard

Prepare white stalks exactly as for plain swiss chard, combine with highly seasoned white sauce and pour on toast in middle of rather deep platter or chop dish. In the meantime, cook green leaves like spinach, chop very fine, season highly, adding butter liberally, and arrange in egg sized balls around edge of dish. Serve very hot; or, press cooked and seasoned leaves into ring mold, tip out on round chop plate and fill center with creamed white stalks.

Left-over Salad

Use small portions of various left-over vegetables, such as potatoes, beans, peas, etc., moisten with mayonnaise.

Frozen Orange Cake

1 teaspoon corn starch . . . ½ cup sugar . . . 1 cup scalded milk
3 egg yolks . . . 1 tablespoon butter . . . 1 orange (rind and juice)
rind of lemon . . . 3 egg whites, beaten stiff . . . lady fingers
1 cup cream, whipped . . . 4 tablespoons sugar . . . orange sections

Mix cornstarch and sugar. Pour on gradually the hot milk and cook until clear stirring constantly. Beat the egg yolks slightly and add the hot

mixture slowly. Cook in double boiler stirring frequently. Add the butter, orange juice and grated orange and lemon rind. Fold in the egg whites. Cool. Use a cake pan with removable bottom. Line sides and bottom with lady fingers, separated with the rounded side toward pan. Spread a layer of filling over lady fingers. Repeat until ingredients are used up. Chill for 24 hours. Lift the bottom out with the cake and place on large plate. Cover top with sweetened, flavored cream. Arrange sections of orange on top. Serves 12.

Friday

Salmon Fritters *Creamed Potatoes*
Braised Broccoli
Surprise Pear Salad
Fruit Whip

Salmon Fritters

One large can salmon (pink) drained and chopped fine, four eggs, well beaten, pinch salt and pepper. Mix together, fry in hot lard by tablespoonfuls, and serve on lettuce leaves hot or cold. Serves 6.

Braised Broccoli

1 head of broccoli . . . 1 teaspoon salt
½ cup grated cheese . . . paprika

Prepare broccoli, soaking in salt water, then removing all the green leaves and the tough portions of stem. Boil in salted water until tender—about 10 minutes. Do not over cook. Drain carefully, so as not to break the stem. Place on pan, sprinkle with cheese and paprika, and place under broiler until cheese is melted. Serve at once. Serves 6.

Surprise Pear Salad

Use halves of canned pears. Mix up a package of cream cheese with finely chopped candied fruits and nuts, moisten with mayonnaise and fill into the cavities of the pears, and spread between two halves. Serve a whole pear, thus stuffed, as each salad. A sweetened mayonnaise dressing is best for this salad, which is placed on shredded lettuce or chickory.

Fruit Whip

Beat thick cream until it is stiff; gradually add pineapple which has been cut fine and drained. Any fresh fruit crushed or strained canned fruit may be used in cream whip, adding sweetening if necessary, depending upon the acidity of the fruit.

Saturday

Scrambled Eggs Potato Cheese Puff
Spanish Cauliflower
Orange Charlotte

Scrambled Eggs

6 eggs . . . ¼ teaspoon salt
3 teaspoons shortening . . . 1 tablespoon milk . . . shake of pepper

Break eggs into bowl, add seasonings and milk; give two or three strong strokes with fork. Heat shortening in omelet pan, add egg mixture; do not stir, but as egg cooks scrape gently from bottom of dish, drawing cooked mass to one side. Remove from fire before it is quite firm through, turn into hot dish and serve quickly. Will serve six persons.

Potato Cheese Puff

3 cups hot mashed potatoes . . . 1½ cups grated cheese . . . 3 egg yolks, well beaten
2 tablespoons melted shortening . . . 1 teaspoon salt . . . ⅛ teaspoon pepper
⅔ cup milk . . . 3 egg whites, beaten stiff

Add to the mashed potatoes the grated cheese, mixed with the yolks of eggs, shortening and seasoning and mix well. Stir in the milk and fold in the egg whites. Pile in greased baking dish and bake in moderate oven until brown. This may be dropped from a spoon on a greased baking sheet and baked in individual portions. Serves 8.

Spanish Cauliflower

1 tablespoon shortening . . . 2 small onions, minced . . . 1 bunch parsley, minced
1 stalk celery, minced . . . 1 tablespoon flour . . . 1 cup boiling water
1 head cauliflower . . . 3 tablespoons tomato catsup

Fry onions, parsley and celery in shortening, blend with flour, add boiling water and cook 30 minutes, then add catsup. Clean cauliflower and boil 30 minutes. Drain and turn into baking pan. Cover with sauce and put into oven for 5 minutes. Serve hot. Serves 6.

Orange Charlotte

⅓ box gelatine . . . ⅓ cup cold water . . . ⅓ cup boiling water
1 cup sugar . . . 1 cup orange juice and pulp . . . 3 tablespoons lemon juice
3 egg whites . . . 2 cups cream, whipped

Soak gelatine in cold water. Dissolve in boiling water. Strain and add sugar, lemon juice, orange juice and pulp. Chill, and when jelly begins to set, add the egg whites beaten very stiff. Fold in the cream. Line a mold with sections of oranges, lady fingers or sponge cake; pour the charlotte into the mold and chill on ice. To remove from mold, loosen around the

edges with a palette knife. Place a dish over the mold and turn quickly upside down. Serves 6.

SEVENTH WEEK'S MENUS

Sunday

Roast Veal Single, Dressing
Browned Potatoes *Creamed Celery*
Stuffed Tomato Salad No. 1
Peach Pudding

Roast Veal Single

Use rack of ribs of veal for this roast. Trim and wipe meat; season with salt and pepper, rub with shortening, dredge with flour, and place in hot roasting oven. Oven should be heated very hot at the beginning and roast should be turned twice in first 15 minutes to thoroughly sear surface of meat and seal up the juice. After this, a cup of boiling water should be poured in the bottom of the pan. Meat should be basted with a little broth or stock and roasted steadily for 2½ hours longer, basting once in every 15 minutes. After first basting, liquor in bottom of pan may be used for this purpose. If liquor in bottom of pan seems exhausted after basting, add a little more water to prevent burning. Eight potatoes peeled and laid in pan during last 45 minutes that meat is roasting are excellent garnish and accompaniment. Potatoes should always be basted when meat is basted, to insure their good flavor with juices of meat and nicely browned. Allow ¾ pound raw veal to a serving.

Creamed Celery

Wash and cut celery in 2-inch lengths. Cook in boiling salted water till tender, but not too soft. Drain. Add to a rich white sauce, season well with pepper and salt.

Stuffed Tomato Salad No. 1

Peel tomatoes, scoop out insides, sprinkle cavity with salt, invert and allow to thoroughly chill. Mash a small cream or Neufchatel cheese, and add one canned pimiento and two olives finely chopped, one teaspoon each finely minced onion and parsley, and salt and paprika to taste. Stuff tomatoes with mixture, and serve on lettuce with mayonnaise dressing.

Peach Pudding

6 large peaches . . . 2 cups flour . . . 4 tablespoons baking powder
½ teaspoon salt . . . 3 tablespoons shortening . . . ¾ cup milk . . . ½ cup sugar

Pare the peaches, and slice. Sift together the flour, baking powder and salt; cut in shortening. Add milk, making soft dough. Pour into greased

baking pan. Cover the dough with slices of peaches. Sprinkle with sugar. Bake in a hot oven for 25 to 30 minutes. Serve with sweetened fruit sauce. Serves 8.

Monday

Pork Chops with Country Gravy
Mashed Potatoes *Eggplant, Turkish Style*
Baked Bananas with Honey

Pork Chops with Country Gravy

Bread the pork chops, dipping in egg and finely rolled bread or cracker crumbs. Fry in hot fat until tender, covering the pan after first searing the meat. When done, remove chops to hot platter and keep hot in oven. Make the gravy in the frying pan by adding flour and rubbing it to a paste with the fat, browning it well, and then smoothing it into a nice rich gravy with milk. Season well.

Eggplant (Turkish Style)

1 eggplant, sliced . . . ½ lb. ground meat . . . 1 egg beaten slightly
1 tablespoon chopped parsley . . . 1 teaspoon salt . . . ¼ teaspoon pepper
2 tablespoons melted shortening . . . ½ cup water

Place in well greased pan in layers, the sliced eggplant, then meat mixed well with egg, parsley and seasonings, repeating until dish is full. Pour over the melted shortening and water and bake 30 minutes in moderate oven. Serves 6 as a luncheon dish.

Baked Bananas with Honey

6 bananas . . . 2 tablespoons shortening, melted
3 tablespoons honey . . . 2 tablespoons lemon juice

Peel bananas and cut in halves lengthwise. Put in shallow greased pan. Spread with honey, shortening, then lemon juice and bake in a slow oven for 20 minutes. Baste occasionally with the sauce. Serves 6.

Tuesday

Veal Roll *Tomato Sauce* *Potatoes*
Canned Corn with Green Peppers
Strawberry Bavarian

Veal Roll

2½ lbs. veal cutlet, half inch thick . . . 1 lb. veal twice ground
½ lb. sausage meat . . . 1 cup bread crumbs . . . ½ cup cream sauce
1 small onion, grated . . . 1 tablespoon Worcestershire sauce . . . ⅛ teaspoon pepper
½ teaspoon salt . . . 3 eggs, beaten stiff . . . 2 tablespoons shortening
6 medium carrots . . . 6 small onions . . . ½ cup cold water

Make a filling of the ground veal, sausage, crumbs, cream sauce, onion, seasonings and eggs. Mix well and spread on the veal cutlet. Roll up and tie with string, season and put in a pan and spread shortening over (bacon fat will do), surrounding with peeled whole onions, and scraped carrots. Roast in hot oven until browned, add water, baste, cover pan closely and return to oven until tender (about half an hour). Serves 8 to 10.

Tomato Sauce

¼ onion . . . 1 clove of garlic . . . 1 small stalk of celery . . . 1 sprig parsley
1 teaspoon salt . . . ¼ teaspoon black pepper . . . 2 bay leaves
2 tablespoons fat (melted) . . . 8 medium sized tomatoes or a No. 2 can

Chop onion, garlic, celery and parsley together and season, and put in a pan with the fat. Cook for a few minutes, stirring constantly. Add either the fresh tomatoes cut into cubes or the canned tomato. Cook on a slow fire until the juice, condensing, is the consistency of thin custard. Strain through a fine wire strainer or cloth. This sauce can be used either hot or cold on meats, fish or spaghetti.

Canned Corn with Green Peppers

Remove seeds from green pepper, chop half of it fine and add to the can of corn. Simmer slowly till peppers are tender. Season well.

Strawberry Bavarian Cream

2 tablespoons granulated gelatine . . . ¼ cup cold water . . . ¾ cup hot berry juice
1 cup chopped strawberries . . . ½ cup powdered sugar
¾ cup cream, whipped . . . Pink coloring

Soften gelatine in cold water and dissolve in boiling hot berry juice drained from berries sweetened and heated. When partially thick, add berries and fold in stiffly whipped cream. Mold and chill in the electric refrigerator. If coloring matter is used, it should be stirred in before gelatine hardens. Serves 6.

Wednesday

Lima Beans and Hamburg
Boiled Onions *Cole Slaw*
Apple Custard Pie

Lima Beans and Hamburg

2 tablespoons shortening . . . 1½ lbs. ground beef
1 pint dried lima beans soaked over night
1 onion . . . 1 sweet red pepper . . . salt . . . 1 tablespoon flour

Brown meat in fat, stirring it about while cooking. Cover beans with

fresh water and boil a few minutes till meat is browned. Then add meat to beans, together with chopped onion and peppers, season, and cook slowly till both meat and beans are tender, about 1½ hours. Thicken the sauce with the flour rubbed to paste in cold water.

Boiled Onions

Pour boiling water over medium sized onions. This loosens the peel and prevents "crying." Peel them and boil in salted boiling water till tender, without cover on pan. Drain, season with butter, salt, pepper and chopped parsley.

Cole Slaw

6 cups shredded cabbage . . . ⅓ cup sour cream . . . juice ½ lemon
5 teaspoons sugar . . . 2 tablespoons salt . . . pepper

Toss together well and chill before serving on bed of crisp lettuce leaves.

Apple Custard Pie

Sliced apples . . . 4 beaten eggs . . . 2 cups milk . . . ½ cup sugar
¼ teaspoon salt

Line pie plate with rich paste. Spread the sliced apples over to half fill the plate. Add milk, sugar and salt to the well beaten eggs, and pour over apples. Bake in slow oven for 30 minutes, after starting in hot oven for 10 minutes. 1 pie.

Thursday

Daube of Veal
Baked Potatoes *Asparagus Tips*
Fruit Sauce
Orange Marmalade Cake

Daube of Veal

Wipe 4-5 lb. veal roast, make incisions all about it with a very sharp knife. Into each of these place a small thin slice salt pork or fat bacon, bit of dried hot pepper, and a very tiny bit of garlic. Sprinkle the meat with mixed spices pounded fine, then with thyme and sage and bayleaf, and flour well. Brown it in iron pot in bacon fat with 1 chopped onion, several carrots and turnips, 2 celery stalks and 1 sweet pepper, all sliced or cut into strips. Brown the meat all over before adding the above vegetables. Add enough water to prevent scorching of vegetables; cook till tender, but not soft.

Baked Potatoes

Wash and scrub the baking potatoes. Dry them. Rub entire surface with margarine. Bake until tender. Cut a cross in top center, press ends

of potato together to puff up center through the cross cut, drop a cube of butter into it, and sprinkle with paprika.

Asparagus Tips

Use canned asparagus tips, heat gently in their own liquor. Season well with salt, pepper, chopped parsley and cream or butter.

Orange Marmalade Cake

3 eggs . . . 2 cups brown sugar . . . 1 cup orange marmalade
½ teaspoon each of cloves, allspice, cinnamon and baking soda
¼ teaspoon salt . . . 3 cups flour

Beat eggs in bowl, add sugar and marmalade, beating well. Mix dry ingredients, add to the first mixture and beat enough to mix thoroughly. Spread batter ½ inch thick in an oiled shallow pan, bake 20 minutes in moderate (375°) oven.

Remove from fire and while hot frost with powdered sugar and cream frosting, applying the frosting with pastry brush. Cut into small squares and serve with fruit.

Friday

Scrambled Eggs *Steamed Rice*
Creamed Peas
Chocolate Refrigerator Cake

Scrambled Eggs

To each egg used add 1 tablespoon milk. Beat till whites are broken, but no more. Season with salt and pepper, add 1 very finely minced small onion and 1 teaspoon minced parsley, and pour into hot greased frying pan. Keep low flame under pan, and as egg thickens scrape it gently from bottom and sides of pan. Serve immediately.

Steamed Rice

1 cup rice . . . 2 cups boiling water . . . 1 teaspoon salt

Pick over and wash rice. Cook with salted water in double boiler 30 minutes, or till soft, adding more water if it gets too dry.

Creamed Peas

Using canned or freshly cooked peas, combine them when hot with a rich white sauce, seasoning to taste.

Chocolate Refrigerator Cake

½ lb. melted sweet chocolate . . . 3 tablespoons sugar
3 tablespoons water . . . 4 egg-yolks, well beaten . . . 30 lady fingers
4 egg-whites, beaten stiff . . . 1 cup whipped cream

Add sugar, water and egg yolks to the melted chocolate. Cook slowly till thick and smooth, stirring constantly. Fold in the egg-whites. Line a mold with lady fingers, place layer on bottom also, then layer of the filling, continue alternating lady fingers and filling until all used up, finishing with lady fingers. Put in refrigerator for at least 15 hours. When ready to serve, turn cake out on cake plate and cover with whipped cream. Serves 12.

Saturday

Cold Sliced Daube of Veal
Potato Croquettes *Parsnips*
Frozen Fruit Salad No. 1

Potato Croquettes

Mashed potato . . . 1 well beaten egg . . . ¼ teaspoon onion juice

Beat mashed potato very light, add the beaten egg and onion juice, form while hot into rolls. Crumb, egg and crumb again, and fry in deep fat till a golden brown. Serve with white sauce in which parsley has been chopped fine.

Frozen Fruit Salad No. 1

2 rings pineapple . . . 2 halves pears . . . 4 halves peaches
½ teaspoon gelatine . . . 2 tablespoons cold water
⅓ cup each of pineapple and peach juice . . . ½ cup Maraschino cherries
¼ cup whipped cream . . . ¼ cup mayonnaise

Cut down rings of pineapple to fit tray of electric refrigerator. Place rings in bottom of tray, with half pear on top. Next place two sections of peaches and sprinkle the cherries, chopped, over top.

Soak gelatine in cold water, dissolve in the boiling fruit juice. Pour over the fruit in tray. Place in electric refrigerator and freeze 5 hours. Serve on crisp lettuce leaves and garnish with thoroughly blended whipped cream and mayonnaise. Serves 4.

CHAPTER IV

ONE-DISH MEALS

WATERLESS COOKER DINNER

Rump Roast
Browned Potatoes and Carrots
Pineapple Citrus Salad
Date Pudding

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3 lb. rump roast of beef . . . potatoes . . . carrots

Place 2 tablespoons hot fat in cooker and brown meat on all sides. Then add pared potatoes, arranging around roast. The sliced carrots are put in one of the duplicate pans and the date pudding in another. Place cover on cooker, put over one burner of range. This dinner will take about 2 hours.

Date Pudding

1 cup flour . . . 2 teaspoons baking powder . . . ¼ cup sugar
½ teaspoon salt . . . ½ cup dates, stoned and cut in pieces
4 tablespoons melted butter . . . ½ cup cold water . . . 1 lemon

Mix and sift dry ingredients, add dates, butter, water and rind and juice of the lemon. Place in one of the duplicate pans of the waterless cooker, previously well greased. Place in the cooker and cook with rest of dinner. Serve with any pudding sauce, or cream.

Pineapple Citrus Salad

On bed of lettuce place sliced pineapple. Over it place equal quantities orange and grapefruit slices or sections, sweetened with powdered sugar or syrup. On top place 1 teaspoon finely minced celery, top off with whipped cream dressing and sprinkling of chopped candy-roasted peanuts.

ONE-HOUR OVEN DINNER MENU

Mashed Potatoes *Spinach*
Buttered Carrots *Cabbage Salad*
Peach Pudding, Lemon Sauce

Bake spinach, carefully washed, in casserole. Bake sliced and scraped

carrots in buttered baking dish. Mash potatoes separately, serve on top of the carrots. Bacon slices may be crisped and served with this meal if desired.

Peach Pudding

Pare and stone fresh peaches, or use canned ones. Fill a greased baking dish half full with peaches, adding 2 cups sugar for each 2 qts. fresh peaches. Make a recipe for shortcake, roll the paste to just fit the pan, cut two or three gashes in crust to allow steam to escape. Cover the fruit and bake 1 hour or longer in moderate oven. Cool. Serve with lemon sauce, or with cream and sugar.

THREE-HOUR OVEN DINNER MENU

Cottage Ham *Horseradish Sauce*
Oven-baked Rice
Carrots a la King
"Show Me" Dessert

Cottage Ham

Rub cottage ham, weighing 3 to 4½ lbs., with ¼ cup brown sugar, 1 teaspoon prepared mustard; stick surface well with cloves. Place in baking pan, sear in hot (450°) oven 20 minutes. Reduce heat to slow oven (275°), bake 3 hours. Serve with horseradish sauce. Serves six to eight.

Horseradish Sauce

Add 3 tablespoons prepared horseradish and ¼ teaspoon salt to 1 cup cream, whipped.

Oven-baked Rice

½ cup raw rice . . . 2 cups boiling water . . . ½ teaspoon salt

Add washed rice and salt to boiling water. Pour into a casserole or baking dish, bake in oven till flakes of rice are tender and water absorbed. Use cover on dish.

Carrots a la King

Pare, dice and cook carrots till tender. Drain. Prepare 1 cup medium-thick white sauce to which has been added 1 teaspoon grated onion, 1 tablespoon each finely diced celery, minced parsley and pimiento. Arrange the hot carrots in serving dish and pour sauce over them. Serves six.

"Show Me" Dessert

(From Missouri)

¼ cup butter . . . ¼ cup sugar . . . 2 beaten egg yolks
3 tablespoons milk . . . ½ cup flour . . . 1 teaspoon salt
½ teaspoon baking powder

Mix all ingredients as for cake, spread in a pie pan. Whip whites of the 2 eggs, add ¼ cup sugar extra and beat well. Spread on top of pie, sprinkle 1 cup almonds over it. Bake in slow oven, 25 minutes. Serve with whipped cream. Almonds should be coarsely chopped.

BEEF LOAF OVEN DINNER

Beef Loaf *Mashed Potatoes*
Creole Tomatoes *Muffins*

Oven temperature—400°.

ROAST BEEF OVEN DINNER

Roast Beef *Pan-Roasted Potatoes*
Buttered Sliced Onions
Hot Biscuits *Bananas Baked in Skins*

Oven temperature—450°.

Bananas Baked in Skins

Bake bananas in skins in moderate oven till skins are dark in color and soft. Remove from skins, sprinkle with sugar and few drops lemon juice apiece. Serve hot, sprinkled with finely chopped salted pecan meats.

HAM OVEN DINNER

Scalloped Ham and Potatoes
Corn and Green Pepper Scallop
Cottage Pudding
Lemon Sauce

Oven temperature—375°.

ROAST CHICKEN OVEN DINNER

Roast Chicken
Buttered Potatoes and Onions
Creamed Carrots *Cornbread*
Apple Delight

Oven temperature—400°.

Apple Delight

Put layer apple sauce in buttered pudding or baking dish, dot with butter, add layer chopped peaches and apricots, sprinkle with chopped blanched almonds. Repeat till dish is filled, pour the peach and apricot juice over all, and bake 1 hour.

PORK CHOP OVEN DINNER

Stuffed Pork Chops
Candied Sweet Potatoes *Creamed Cauliflower*
Tomato Salad
Date Meringue Pudding

Time—3 hours in moderate oven (375°).

Date Meringue Pudding

2 cups cooked cereal . . . ½ cup chopped dates . . . 2 cups milk
1 cup sugar . . . 2 eggs . . . 1 teaspoon vanilla

Mix all ingredients except egg whites. Pour into buttered baking dish, bake ½ hour; cover with meringue of beaten egg whites and 4 tablespoons powdered sugar and brown in oven.

BAKED HAM OVEN DINNER

Baked Sliced Ham *Baked Potatoes*
Spiced Apples
Buttered Carrots and Peas
Chocolate Bread Pudding with Cream

Time—1 hour in moderate oven (375°).

MODERNISTIC VEGETABLE PLATE

Broccoli Italienne
Leeks on Toast *Red Cabbage* *Jerusalem Artichokes*
Buttered String Beans *Carrot Slivers*

Broccoli Italienne

Cut broccoli in pieces about 4 inches long, wash it and cook in boiling water with ¼ teaspoon baking soda and tablespoon salt. When tender, drain and chop coarsely. To each 2 cups broccoli add ½ cup finely-chopped cold boiled potato, moisten with cream enough to allow for molding broccoli into shape. Season highly and pack into buttered mold. When

molded, turn on buttered baking sheet, top with grated cheese and brown in oven.

Leeks on Toast

Trim leek down rather short, wash, boil in salted wated till just tender. Drain, lay on slices buttered toast, sprinkle with salt, pepper and chopped parsley, add dash lemon juice and dot of butter.

Red Cabbage

Boil medium head of red cabbage, shredded fine, with 2 cups boiling water and 2 tablespoons shortening about 2 hours, replacing water as it cooks down. Add ½ cup vinegar, ½ cup sugar, 1 tablespoon flour and ½ cup water. Boil 5 minutes and serve.

Jerusalem Artichokes

Pare artichokes, put in cold water till ready to cook. Drain, place in buttered baking dish, sprinkle with salt and pepper, dot with butter, cover and bake till soft, about 30 minutes.

HOT VEGETABLE DINNER

Pare and cut eggplant into ½ in. slices, dip in flour, season with salt and pepper. Fry to crisp brown on both sides. Lay slice in center of each plate.

In small piles on each plate, place different previously cooked vegetables, buttered and seasoned nicely, such as beets, string beans, carrots and peas. Place crisped slices of pared cucumbers on plate also, around the eggplant in center.

CHOP PLATE DINNER

Broil any kind of chops till tender, crisp and juicy. Season well.

Cut thick slice from stem end of green peppers, remove seeds and parboil 15 minutes in boiling salted water. Drain. Fill each pepper case with left-over combination of vegetables.

Rice freshly boiled or left-over mashed potatoes. Add enough hot milk to barely moisten, season with salt, pepper, paprika and butter or margarine. Mold the potato with an ice cream scoop.

Serve one chop, one filled green pepper case and one potato ball or pyramid to each person. Garnish top of potato with radish rose.

MISCELLANEOUS ONE-DISH RECIPES

Spaghetti Ring

1 package spaghetti, broken in pieces . . . 2 tablespoons shortening
1 small onion, minced . . . 1 tablespoon green pepper, chopped
1 cup canned mushrooms . . . 3 egg yolks, beaten . . . ½ cup milk
1 cup tomato puree . . . salt . . . 1 teaspoon thyme or kitchen bouquet
1 cup grated cheese

Drop spaghetti into boiling salted water and cook until tender, then drain. Put shortening in pan; when hot add onion, pepper and mushrooms and simmer. Beat egg yolks and mix well with milk. Add to onions pepper and mushrooms, then add tomato puree, salt, thyme, cheese and spaghetti. Mix thoroughly. Fold in beaten egg whites, pour into a ring form, set in hot water and bake 45 minutes at 300° F. Turn out on dish and fill center with creamed shrimp. Recipe makes twelve servings.

Noodle Ring

3 eggs . . . ¾ cup milk . . . salt and pepper . . . ½ cup grated cheese
3 cups cooked noodles

Make custard of eggs and milk and season with salt and pepper, add ½ cup grated cheese. Mix with noodles and pour into well greased ring. Place ring in a pan of boiling water and bake 30 minutes. Serves 6.

Yellow Squash and Meat

¾ pound mutton . . . 3 tablespoons chopped onion . . . 5 tablespoons shortening
3½ cups cubed squash . . . 2 cups tomato . . . salt . . . 1 teaspoon paprika

Cut the mutton into small pieces and brown with the chopped onion in the shortening. Add the squash cut into small cubes. Brown for a few minutes, add the tomato and seasoning, put into a baking dish, and cook in a moderate oven 35 minutes. Fifteen minutes before serving, remove cover and let the top get brown. With a mixed vegetable salad, this is a complete meal. Serves 4.

Baked Nevada

6 tablespoons shortening . . . ½ cup chopped green peppers
½ cup chopped onion . . . 1 cup toasted bread crumbs . . . 2 cups cooked lima beans
1 cup seedless raisins . . . 1 teaspoon salt . . . ½ teaspoon pepper
2 egg yolks, slightly beaten . . . 2 egg whites, beaten stiff

Brown green pepper and onion in the shortening until tender, and stir in bread crumbs well. Remove from fire and add lima beans, raisins, salt, pepper and egg yolks, with enough bean liquor to moisten slightly if necessary. Mix thoroughly. Fold in stiffly beaten egg whites. Pour into individual greased cups and bake 30 minutes in a moderate oven (350°).

Serve with cheese sauce. Six strips bacon diced and fried make the dish especially good and supply the fat for browning the ingredients. Serves 8.

Hamburg Loaf with Baked Bananas

1 pound chuck of beef (ground) . . . 1 small onion (minced) . . . 1 teaspoon salt
¼ teaspoon pepper . . . ½ cup milk (or stock) . . . suet liquid . . . 4 bananas
2 tablespoons lemon juice . . . 1 tablespoon shortening

Work onion, seasonings and liquid into meat and mold into a large flat cake to fit center of plank. Dot tops with bits of suet. Set under broiler and cook 20 minutes, watching so that top does not get too brown. When done, arrange halves of broiled bananas as a border around meat. To prepare bananas, remove skins, cut in halves lengthwise, rub with a bit of lemon juice and shortening, and place under the broiling flame for about 3 or 4 minutes. Serves 4.

Scalloped Ham and Potato

6 potatoes . . . pepper . . . ¾ pound ham . . . 1 pt. milk

Pare and slice the potatoes. Cut ham into pieces suitable for serving. Place ham in bottom of casserole, lay potatoes on top. Sprinkle with pepper and add the milk. Cover and bake very slowly in the oven until potatoes are soft. Serves 4.

English Ham Loaf

Chop equal quantities of cold cooked veal and ham. Grease a baking dish and place in layers of veal, ham, cold boiled macaroni and sliced hard cooked eggs. Season each layer with salt, pepper, chopped parsley and a pinch of nutmeg. Add 1 cup of milk and bake until well browned over the top. This makes a delicious dish for dinner served hot, and may be sliced cold and served on crisp lettuce with mayonnaise dressing.

Baked Noodles, Spinach and Cheese

2 cups cooked egg noodles . . . ½ pound cheese, grated
2 cups cooked spinach, chopped . . . 1 cup milk . . . 4 tablespoons shortening
1 tablespoon flour . . . ¼ teaspoon salt . . . ⅛ teaspoon pepper . . . paprika

Place the cooked noodles in the bottom of a greased baking dish and cover them with half the grated cheese. Put the chopped spinach over the cheese. Make a sauce of the milk, shortening, flour and seasonings and pour it over the spinach. Sprinkle the remaining grated cheese on the sauce and bake the dish in a hot 450° oven for 10 minutes or until top is brown. Serves 6.

Macaroni and Mushrooms with Bacon

3 tablespoons shortening . . . 1 cup mushrooms . . . 1 teaspoon lemon juice
2 tablespoons flour . . . 1¼ cups milk . . . ¼ pound macaroni (cooked)

Melt shortening and add diced mushrooms and lemon juice, cook for 3 minutes and add flour, then brown; add milk and stir until mixture boils. Add salt and pepper to taste; add macaroni and reheat. Turn into a serving dish and garnish with crisp bacon and cheese. Serves 6.

Tamale Pie

2 cups corn meal . . . 2 teaspoons salt . . . 6 cups boiling water . . . 1 onion
2 tablespoons shortening . . . 1 pound meat (chopped) . . . 2 cups tomatoes
½ teaspoon cayenne . . . 1 teaspoon salt . . . 1 teaspoon vinegar
¼ teaspoon mustard . . . 1 small green pepper

Make a mush by stirring the cornmeal and salt in boiling water. Cook over hot water 45 minutes. Brown the onion in the shortening, add the meat and stir until the color disappears; add the tomato and other seasonings. Grease a casserole, line with the mush, put the meat and vegetables in, cover with a corn mush cover. Bake 35 minutes in a hot oven. Brown the top under the broiler if it doesn't brown through. This may be served with a simple green salad. Serves 8.

Scalloped Pork and Potato

6 medium sized potatoes . . . salt . . . pepper . . . flour
½ cup milk . . . 1 cup cooked peas . . . 6 pork chops

Slice potatoes into a baking dish. Dust liberally with salt, pepper and flour. Add milk and peas; lay pork chops on top and bake in a moderate oven until the chops and potatoes are cooked through. Bake if possible in dish in which it is to be served. Serves 6.

Spanish Ring

1 pound pork, chopped . . . 1 pound beef, chopped
2 cups unsweetened apple sauce . . . 4 cups cracker crumbs . . . 2 eggs
2 teaspoons salt . . . pepper to taste . . . ⅓ cup pimiento, chopped

Mix above ingredients and pack in ring mold. Bake in moderately hot oven (375° F.) for 50 minutes. Serves 6.

Pork Chops with Rice

6 pork chops . . . 6 tablespoons rice, uncooked . . . 3 tomatoes, cut in half
6 slices large onion . . . 6 slices green pepper . . . salt and pepper
2 tablespoons shortening . . . ½ cup water

Brown chops in hot shortening, add the rice, then tomato, onion, pepper and seasoning, water last. Cover closely and cook at 375° F. for 3 hours. Serves 6.

CHAPTER V

ADJUSTING FAMILY MEALS TO SMALL CHILDREN'S NEEDS

The following chart will help you in planning meals for the family, when several children of different ages have to be fed at the family table. Read it carefully, and it will help you greatly.

First Day

Meal	Adults	6-yr. old child	3-yr. old child
BREAKFAST	½ grapefruit cereal coffee toast	juice ½ orange ¼ cup cereal with milk 1 c. milk to drink toasted w. wheat bread	juice ½ orange ¼ cup cereal with milk 1 c. milk to drink toasted w. wheat bread
10:00 A. M.		1 cup milk; crackers	1 cup milk; crackers
LUNCH	tea bacon spinach bread and butter baked custard	3 slices bacon 1 baked potato ¼ c. chopped spinach 1 slice bread baked custard	2 slices bacon small baked potato 2 tb. sifted spinach 1 slice bread baked custard
DINNER	liver and bacon mashed potatoes salad bread and butter baked apple cookie	bowl bread and milk baked apple; cookie	bowl bread and milk baked apple; cookie

Second Day

Meal	Adults	6-yr. old child	3-yr. old child
BREAKFAST	½ grapefruit cereal toast coffee	juice ½ orange ½ c. cereal with milk toasted w. w. bread 1 c. milk to drink	juice ½ orange ¼ c. cereal with milk toasted w. w. bread 1 c. milk to drink
10:00 A. M.		1 c. milk; crackers	1 c. milk; crackers
LUNCH	salad tea bread and butter 1 slice pineapple	small piece rare steak mashed potatoes carrots and peas w. w. bread and butter 1 slice pineapple	small piece rare steak mashed potatoes carrots and peas w. w. bread and butter 1 slice pineapple
DINNER	steak, gravy mashed potatoes carrots and peas bread and butter sliced pineapple	cream of pea soup (1 c.) whole wheat bread prunes	cream of pea soup (1 c.) w. w. bread, buttered prunes

Third Day

Meal	Adults	6-yr. old child	3-yr. old child
BREAKFAST	½ orange cereal toast, buttered coffee	juice ½ orange ½ c. cream wheat with top milk on it 2 slices buttered whole wheat toast 1 cup milk to drink	juice ½ orange ¼ c. cream wheat with top milk on it 1 slice toasted whole wheat bread, buttered 1 cup milk to drink
10:00 A. M.		1 cup milk; crackers	1 cup milk; crackers
LUNCH	fresh vegetables egg if desired whole wheat bread tea, if desired prunes	1 lamb chop, broiled ¼ c. mashed potatoes ½ c. fresh vegetables 1 slice whole wheat bread, buttered ½ cup milk 5 stewed prunes	1 small chop, broiled 2 tbsp. mashed potatoes 3 tbsp. fresh vegetables 1 slice whole wheat bread, buttered ½ cup milk 3 stewed prunes
DINNER	lamb chops mashed potatoes fresh vegetables whole wheat bread rice pudding	dish shredded wheat with milk 1 cup warm milk dish rice pudding	dish shredded wheat with milk 1 cup warm milk small dish rice pudding

Fourth Day

Meal	Adults	6-yr. old child	3-yr. old child
BREAKFAST	½ orange cereal toast, buttered coffee	juice ½ orange ½ cup cereal with milk 2 slices toasted whole wheat bread buttered 1 cup milk to drink	juice ½ orange ¼ cup cereal with milk 1 slice whole wheat bread, toasted, butter 1 cup milk to drink
10:00 A. M.		1 cup milk; crackers	1 cup milk; crackers
LUNCH	cup tea egg on toast stewed tomatoes dish fruit jello	1 soft-cooked egg on toast ¼ c. mashed potatoes ½ c. stewed tomatoes dish jello with fruit	1 soft-cooked egg on toast 2 tbsp. mashed potatoes ¼ c. stewed tomatoes dish jello with fruit
DINNER	pork chops; gravy mashed potatoes fresh celery baked apple bread and butter	bowl milk with whole wheat bread baked apple	bowl milk with whole wheat bread small baked apple

Fifth Day

Meal	Adults	6-yr. old child	3-yr. old child
BREAKFAST	apple sauce boiled rice toast, buttered coffee	juice ½ orange rice with milk 2 slices toasted whole wheat bread 1 cup milk to drink	juice ½ orange rice with milk 1 slice toast, buttered 1 cup milk to drink
10:00 A. M.		1 c. milk; crackers	1 c. milk; crackers
LUNCH	buttered carrots bread and butter cup tea apple sauce	1 hamburg ball, no onions mashed potatoes buttered carrots apple sauce whole wheat bread	1 small hamburg ball, no onions mashed potatoes buttered carrots apple sauce whole wheat bread
DINNER	hamburg cakes mashed potatoes sliced tomatoes bread and butter sliced oranges and bananas, sweetened	milk toast, with whole wheat bread stewed prunes and juice for both children	

Sixth Day

Meal	Adults	6-yr. old child	3-yr. old child
BREAKFAST	cereal sliced oranges toast, buttered coffee	juice ½ orange cereal with milk w. wheat bread toasted and buttered milk to drink	juice ½ orange cereal with milk w. wheat bread toasted and buttered milk to drink
10:00 A. M.		milk; crackers	1 cup milk; crackers
LUNCH	tea lettuce salad bread and butter plain tapioca	lamb stew with carrots boiled potato bread and butter plain tapioca ½ cup milk to drink	lamb stew with carrots boiled potato bread and butter plain tapioca ½ cup milk to drink
DINNER	lamb stew with carrots lettuce salad bread and butter boiled potatoes chocolate cornstarch pudding with cream	cream of wheat weak cocoa bread and butter apple sauce	cream of wheat warm milk to drink bread and butter apple sauce

Seventh Day

Meal	Adults	6-yr. old child	3-yr. old child
BREAKFAST	sliced bananas on cereal toast coffee	juice ½ orange ½ c. cereal with milk toasted w. w. bread 1 c. milk to drink	juice ½ orange ¼ c. cereal with milk toasted w. w. bread 1 c. milk to drink
10:00 A. M.		1 c. milk; crackers	1 c. milk; crackers
LUNCH	poached egg on toast string beans bread and butter tea	1 poached egg on toast boiled rice, buttered ¼ cup string beans w. w. bread, buttered apple Betty	1 poached egg on toast boiled rice, buttered 2 tb. string beans w. w. bread, buttered apple Betty
DINNER	baked ham butt heated buttered rice string beans apple betty bread and butter	cr. tomato soup (1 c.) w. w. bread, buttered apple sauce	cr. tomato soup (1 c.) w. w. bread, buttered apple sauce

Eighth Day

Meal	Adults	6-yr. old child	3-yr. old child
BREAKFAST	apple sauce cereal toast, buttered coffee	juice ½ orange cereal w. w. toast, buttered milk to drink	juice ½ orange cereal w. w. toast, buttered milk to drink
10:00 A. M.		1 c. weak cocoa; cracker	1 c. milk; crackers
LUNCH	tea bacon mashed potatoes lettuce salad bread and butter	3 slices bacon mashed potatoes buttered carrots w. w. bread and butter floating island	2 slices bacon mashed potatoes buttered carrots w. w. bread and butter floating island
DINNER	sliced baked ham potato salad buttered carrots bread and butter floating island	rice, with cream and sugar weak cocoa w. w. bread and butter	rice, with cream and sugar warm milk to drink w. w. bread and butter

TYPICAL DIET FOR 6 TO 8 YEAR OLD CHILD

The following menus are carefully planned to fill the food needs of children in age group of 6 to 8 years. The day's menus are balanced and the amounts given will furnish the proper number of calories for said age group:

First Day

Breakfast

1 sliced orange, no sugar
1 dish cooked oatmeal (½ cup)
¼ cup top milk for cereal
¾ cup milk to drink
2 slices dried-out toast
2 teaspoons butter for toast

Luncheon

Creamed egg on toast (1 hard cooked egg, 1 slice toast, ¼ cup sauce)
2 good-sized cooked carrots, sliced with ⅛ cup top milk on them
2 slices whole wheat bread
1 tablespoon butter for bread and carrots
¼ cup rice pudding

Dinner

1 medium-size baked potato
1 medium size slice broiled liver
1 slice cooked bacon
½ cup chopped cooked spinach
1 slice whole wheat bread
2 tablespoons butter, for bread, spinach, potato
1 small baked apple

Second Day

Breakfast

1 slice canned pineapple
3 tablespoons pineapple juice
1 cup cornflakes
½ cup top milk for cereal
¾ cup milk to drink
2 slices toast, buttered

Luncheon

1 cup cream of pea soup
8 oysterettes
¾ cup milk to drink
2 slices buttered whole wheat toast
dish apple sauce

Dinner

Meat (small serving of whatever family has except pork)
½ cup mashed potatoes
½ cup stewed celery and carrots, buttered
2 slices bread
1 tablespoon butter for bread and vegetable
Chocolate cornstarch pudding, with cream

Third Day

Breakfast

1 dish apple sauce
½ cup cream of wheat
¼ cup top milk for cereal
¾ cup milk to drink
2 slices buttered toast

Luncheon

⅓ cup creamed dried beef on toast
1 day old bran muffin
2 stalks fresh celery
1 dish baked custard
2 sugar cookies

Dinner

1 lamb chop
½ cup mashed potatoes
½ cup fresh cooked string beans
2 slices whole wheat bread
1 tablespoon butter for bread and beans
1 slice pineapple, 3 tablespoons juice
2 inch square sponge cake

Fourth Day

Breakfast

4 prunes, 4 tablespoons juice
½ cup well-cooked wheatena
¼ cup top milk for cereal
2 slices zweibach, buttered
¾ cup milk to drink

Luncheon

2 slices bacon
Macaroni (½ cup cooked, with ¼ cup sauce and 1 tablespoon tomato juice, buttered crumbs on top)
Baked banana with lemon juice
1 slice zweibach

Dinner

½ cup cheese fondue
1 medium-size baked potato
Equivalent of 2 buttered carrots
1 slice zweibach
½ cup apple tapioca
2 tablespoons cream for pudding
1 tablespoon butter for bread and potato

Fifth Day

Breakfast

1 sliced orange, or juice
1 cup puffed wheat
¼ cup top milk for cereal
¾ cup milk to drink
2 slices toast
2 teaspoons butter

Luncheon

1 banana
1 cookie
2 slices toast, ¾ cup cream sauce
Mashed squash, ¼ cup, buttered

Dinner

Slice roast lamb, 3 ins. square, ⅛ in. thick
½ cup creamed peas
½ cup mashed potatoes
2 slices toast
⅔ cup apple Betty
2 tablespoons lemon sauce for pudding

Sixth Day

Breakfast

2 sliced peaches, sugar
½ cup cooked cereal
¼ cup top milk for cereal
2 graham crackers
¾ cup milk to drink

Luncheon

1 scrambled egg on 1 slice toast
½ cup buttered string beans
3 slices toast
Butter for toast and beans
Dish apple sauce
¾ cup lemonade

Dinner

1 small hamburg cake
½ cup mashed potatoes
¾ cup chopped and buttered spinach
1 slice whole wheat bread, buttered
½ cup fruit jello
1 tablespoon whipped cream for jello
Small piece sponge cake, no frosting

Seventh Day

Breakfast

¼ cup dried stewed apricots
½ cup cracked wheat
¼ cup top milk for cereal
¾ cup weak cocoa
2 slices buttered toast

Luncheon

¾ cup split pea soup
½ cup mashed carrots, buttered
2 slices whole wheat bread
2 teaspoons butter for bread
4 stewed prunes with juice

Dinner

1 small portion rare beefsteak
1 small baked potato
2 stalks raw celery or sliced tomatoes
2 slices whole wheat bread, buttered
¼ cup stewed fruit
1 small cookie

Apple Tapioca (2⅓ cups)

½ cup quick tapioca . . . ½ cup sugar . . . 3 cups water
Pinch salt . . . 4 medium-size cooking apples

Boil tapioca, sugar, salt and water together (or cook in double boiler) till tapioca is clear. Slice apples in a buttered baking dish, pour the tapioca over them, bake in moderate oven till apples are tender. Add little water as baking, if it cooks away.

Apple Betty (2½ cups)

2 cups stale bread crumbs . . . 4 tablespoons shortening
3 large cooking apples . . . ½ cup sugar . . . 1 cup water . . . cinnamon

Place bread crumbs and sliced apples alternately in buttered baking dish. Sprinkle with the sugar and cinnamon, dot the shortening over top. Pour the water over all. Bake till apples are soft.

Baked Apple

1 good-sized apple . . . 2 tablespoons sugar . . . 1 tablespoon water

Core apple. Fill center hole with sugar and cinnamon and the water. Bake in moderate oven till tender. Serve hot or cold.

Creamed Egg

Do not boil egg; just simmer it for 20 minutes.

Blend 2 tablespoons margarine and 2 tablespoons flour in small pan over flame; gradually add 1 cup milk, stirring constantly while cooking. Season the sauce, slice the hard cooked egg into it, and pour over slice toast. For variety, the egg white may be cut into the sauce, and the yolk sieved over it, for Goldenrod Eggs.

CHAPTER VI

SALAD DRESSINGS

FRENCH DRESSING TYPE

French Dressing Foundation Recipe

½ cup salad oil . . . ¼ cup vinegar or lemon juice
1¼ teaspoons salt . . . ¼ teaspoon pepper . . . dash of cayenne
1¼ teaspoons sugar

Place all ingredients in covered glass jar. Shake before serving, until dressing is thick as syrup. Keep in refrigerator if any is left over.

French Fruit Dressing:
To ½ the French Dressing Recipe add 1 tablespoon orange juice and 2½ teaspoons sugar. Make the French Dressing with lemon juice. Shake before serving.

Roquefort French Dressing:
To 1 French Dressing Recipe add crumbled Roquefort cheese, as taste indicates.

Chili French Dressing:
To 1 French Dressing Recipe add 1 teaspoon tarragon vinegar, 1¼ teaspoons minced onion, ¼ teaspoon paprika, 2½ tablespoons chili sauce. Let stand several hours, shake well before serving.

Thousand Island French Dressing:
To 1 French Dressing Recipe add ¼ cup chili sauce, ¼ teaspoon Worcestershire sauce, and ⅓ cup whipped cream. Shake all together in covered fruit jar and serve immediately.

Vinaigrette Dressing:
To ½ the French Dressing Recipe add 2 sprigs chopped parsley, 1 chopped shallot, 2 chopped chives, and 2 sprigs chervil; shake very thoroughly before serving.

MAYONNAISE DRESSING TYPE

Mayonnaise Dressing

3 egg yolks . . . 1 teaspoon salt . . . ½ teaspoon mustard
⅛ teaspoon pepper . . . ¼ teaspoon powdered sugar . . . 2 cups olive oil
2 tablespoons lemon juice . . . 1 tablespoon vinegar

Mix dry ingredients, add egg yolks, when well mixed add one-half teaspoon vinegar; beat with rotary beater until smooth, then add, drop by drop, two cups oil, beating constantly. As mixture thickens, thin with lemon juice, or vinegar; add more oil, alternating with vinegar and lemon until proportions are used, stirring or beating constantly. If oil is added too rapidly dressing will curdle. In this case take a fresh, cold yolk, beat until thick and add curdled mixture slowly to it. The oil for salad dressing should be thoroughly chilled and in making, all utensils and ingredients should be cold. It is helpful to place bowl in a larger dish of cracked ice. Mayonnaise should be stiff enough to hold its shape. Size of eggs and sharpness of vinegar are so variable that sauce made with two cups of oil may vary at different times.

Cream Mayonnaise:
To ½ cup Mayonnaise add ¼ cup stiffly beaten cream.

Sweet Cream Mayonnaise:
To 1 cup Mayonnaise add 2 tablespoons powdered sugar, 2 tablespoons lemon juice, and ⅓ cup sweet cream beaten stiff.

Fluffy Pecan Mayonnaise:
To 1 cup Mayonnaise add ½ teaspoon sugar, ½ teaspoon Worcestershire sauce, beating well. Then add 1 tablespoon of boiling water and chill; fold in 1 stiffly beaten egg white and 1 tablespoon grated pecan meats.

Green Mayonnaise:
Add 3 tablespoons ravigote herbs to 1 Mayonnaise recipe; or chop parsley and pound it with a small quantity of lemon juice, strain through cheesecloth and add to 1 Mayonnaise recipe.

Red Mayonnaise:
Add 1 tablespoon lobster coral to 1 Mayonnaise recipe, after rubbing coral through a fine sieve.

Russian Cheese Dressing:
To 4 tablespoons Mayonnaise add 2 tablespoons chili sauce, 1 chopped hard cooked egg, and 2 tablespoons pimiento cheese.

COOKED SALAD DRESSINGS

Cooked Salad Dressing

½ tablespoon salt . . . 1 teaspoon mustard . . . 1½ tablespoons sugar
Few grains red pepper . . . ½ tablespoon flour
2 egg yolks . . . ¾ cup diluted evaporated milk . . . ½ cup mild vinegar
1½ tablespoons melted butter

Mix dry ingredients in top part double boiler, add slightly beaten yolks and stir well. Add the melted butter, then gradually the milk and vinegar. Cook over hot water, stirring constantly, until mixture coats spoon. (This

is a custard mixture, and if it should curdle from too long cooking, beat with egg beater to make it smooth again.)

Creamy Cooked Dressing

4 tablespoons sugar . . . 4 tablespoons flour . . . 1 teaspoon salt
1½ cups boiling water
2 eggs . . . ⅓ cup lemon juice or vinegar . . . ½ cup whipped cream

Mix dry ingredients in top of double boiler, add the boiling water and cook over hot water until smooth and thick, stirring constantly. Add slightly beaten eggs to mixture, and cook again till it coats spoon. Add lemon juice and beat well. Cool. Then fold in the whipped cream.

Fancy Cream Fruit Dressing

⅓ cup each of lemon, orange and pineapple juices . . . ½ cup sugar
2 well-beaten eggs . . . ½ cup whipped cream

Bring fruit juices and sugar to boil, and pour slowly over the beaten eggs. Cool. Add the whipped cream.

Butter Dressing

2 raw egg yolks . . . 6 tablespoons butter . . . ¼ teaspoon salt
⅛ teaspoon pepper . . . 4 tarragon leaves, chopped fine . . . ½ teaspoon lemon juice

Put egg yolks with two tablespoons butter in saucepan and set over hot water, stir rapidly until butter is melted and sauce begins to thicken; add two tablespoons butter and combine, stirring to a cream, add remainder of butter, a bit at a time, seasonings and minced tarragon leaves. The lemon should be added just before serving.

Fruit Salad Dressing

1 cup pineapple juice . . . juice of 1 lemon and orange
¼ teaspoon salt . . . ¼ cup sugar . . . 1 tablespoon cornstarch
2 beaten eggs . . . 1 cup whipped cream

Pour combined fruit juices over the sugar mixed with cornstarch and salt. Cook in double boiler till thick, then add the beaten eggs. Stirring constantly, cook 5 minutes longer. Cool. Just before serving add the whipped cream.

Salad Dressing without Oil

2 eggs . . . ½ teaspoon mustard . . . 1 teaspoon salt
1 tablespoon sugar . . . 2 tablespoons melted butter
3 tablespoons vinegar . . . 1 cup whipped cream

Beat eggs, add mixed seasonings, then melted butter and vinegar. Set the bowl over hot water and stir constantly until thick and smooth. Cool. Before serving add the whipped, very stiff, cream.

UNCOOKED MISCELLANEOUS DRESSINGS

Sour Cream Dressing

1 cup sour cream
1 tablespoon sugar . . . 1 teaspoon salt . . . ¼ teaspoon pepper
1 teaspoon prepared mustard . . . 2 tablespoons each lemon juice and vinegar

Beat cream till smooth, thick and light. Combine other ingredients, and gradually add them to the cream, beating constantly. This dressing may be modified to suit different vegetables. Relishes may be used instead of mustard, etc.

Remoulade Dressing

This dressing must be carefully made. Much depends on the mixing, which, if hurriedly or carelessly done, will cause mixture to curdle.

Put 3 hard cooked egg yolks into bowl, mash them smooth, and add to them ½ teaspoon mustard . . . 1 tablespoon vinegar . . . and salt and cayenne to suit taste. Next add, drop by drop, 3 tablespoons olive oil. Then add yolk of 1 raw egg, stirring the mixture until light. Finish off with juice of ½ lemon added very slowly.

Indian Salad Sauce

4 egg yolks, hard cooked . . . 3 tablespoons cream
½ teaspoon pepper . . . 1 teaspoon salt . . . 1 tablespoon brown sugar
3 teaspoons prepared mustard . . . 4 tablespoons salad oil
3 tablespoons vinegar . . . 1 tablespoon Worcestershire sauce

Mash yolks of eggs and cream them with dry ingredients. Add oil gradually, mixing thoroughly, then the vinegar and Worcestershire sauce. Put salad greens in bowl, pour this sauce over them, and toss the greens about till well seasoned with sauce. Serve from bowl.

Congress Dressing

1 cup heavy cream . . . 1 tablespoon lemon juice
2 tablespoons grape jelly

Whip cream thick, then beat in lemon juice and jelly. Recipe makes enough for 12 servings.

PART TWO

CHAPTER I

ENTERTAINING

In days gone by, the art of entertaining was extremely arduous for the homemaker. She necessarily had to spend many hours in the kitchen in preparation for any event such as Christmas, Thanksgiving, "Company" Dinners and such affairs.

Nowadays, with beautiful plated silverware, china of good design, sparkling glassware and gorgeous linens all reasonably priced and easily procurable, entertaining is so simple that the art may be indulged in more often and much more easily.

Then, too, the elaborate layouts in foods which were once thought to be essential are now no longer *the* thing. Simplicity of menu construction and actual food preparation has come in to stay. In fact, the usual way in which most foods are prepared for the family, will, with just a trifle more trimming up, exactly fit the needs for company entertaining.

There are still three occasions when a great deal of formality surrounds the service, and tradition rules the selection of the menu—Thanksgiving, Christmas and the formal Wedding Reception. Aside from these, choice of menu and method of service is pretty well left to the discretion of the individual hostess.

Since the formal Wedding Reception is more often than not handled by a caterer, there are just two national feast days left.

Aside from these, there is the formal dinner and the formal evening reception in some one's honor.

Unless one has a high position in Society, that about covers the need for formality and precedent in the matter of entertaining. The rest of it resolves itself into community affairs, church or parish suppers, informal card party or afternoon refreshments, evening entertainment after which refreshments are served, Sunday morning breakfasts and Sunday evening suppers, company dinners, children's parties, outdoor parties and picnics, and the celebration of the various holiday occasions throughout the year, such as St. Valentine's Day, the patriotic parties, New Years' parties, and summer entertaining.

The simplicity of entertaining in the present day period makes it possible for almost any woman who knows how to cook to offer a charming afternoon or evening to her guests, topped off with delightful and delicious refreshments.

The rest of this chapter covers this subject of entertaining. The occasions are classified, menus and recipes are right together as throughout the rest of the book, and there are many suggestions for novelties in the way of refreshments.

APPETIZERS

Appetizers in some shape often form the introductory course to luncheon or dinner. They should be attractive to the eye as well as stimulating to the appetite. They may be a seafood or a fruit cocktail, a highly seasoned canape or sandwich, or perhaps a fruit salad. Sometimes they are cocktails made from fruit or vegetable juices.

Canapes and sandwiches filled with highly spiced pastes may be served in the drawing room before the meal, accompanied by a small glass of iced beverage. These should be made with the paste not entirely covering the base so that they may be eaten without soiling the fingers. All other types of appetizers should be served at the table. Most of them should be served ice cold and garnished appropriately. The hot ones should be very hot when placed.

There is no limit to the variations of this type of dish, or to the garnishings which accompany it.

Scallop Cocktail

1 teaspoon salt . . . ¼ teaspoon pepper . . . 1 teaspoon parsley, chopped
1 teaspoon chives, chopped . . . ½ teaspoon olive oil . . . 10 drops Tabasco sauce
1½ teaspoons Worcestershire sauce . . . ½ teaspoon dry mustard
2 tablespoons vinegar . . . 8 tablespoons tomato catsup
1 teaspoon grated horseradish root . . . 1 pint scallops

Mix above ingredients, except scallops. Cook scallops five minutes in a sauce pan, drain, chill thoroughly. Cut in halves. Add sauce and serve. Sufficient for 6.

Crab Cocktail

¼ cup tomato catsup . . . ½ cup lemon juice . . . 1 tablespoon Worcestershire sauce
1 tablespoon grated horseradish . . . 1 teaspoon Tabasco sauce . . . ¼ teaspoon salt
2 tablespoons onion, cut fine . . . 2 tablespoons celery, cut fine . . . 1½ cups crab meat

Mix above ingredients, add to chilled crab meat. Chill for ten minutes before serving. Serves 6.

Shrimp Cocktail

¼ cup tomato catsup . . . ½ cup lemon juice . . . 1 tablespoon Worcestershire sauce
1 tablespoon grated horseradish . . . 1 teaspoon Tabasco sauce . . . ¼ teaspoon salt
3 tablespoons onion, chopped . . . 4 tablespoons celery, cut fine
4 tablespoons green pepper, cut fine . . . 1½ cups shrimps

Mix above ingredients, except shrimps. Chill. Cut shrimp in halves. Add sauce, rechill ten minutes before serving. Serves 8 to 10.

Tuna Fish Cocktail

¼ cup tomato catsup . . . ½ cup lemon juice . . . 1 tablespoon Worcestershire sauce
1 tablespoon grated horseradish . . . 1 teaspoon Tabasco sauce . . . ¼ teaspoon salt
3 tablespoons onion, chopped . . . 4 tablespoons celery, cut fine
4 tablespoons green pepper, cut fine . . . 2 cups tuna fish, (flaked)

Mix above ingredients, except tuna fish. Chill, add tuna fish. Rechill ten minutes before serving. Serves 10.

Ham Napoleons

Roll puff paste thin and bake in sheets. Cut into 2x3 inch pieces with very sharp knife. Spread with thick layer of ham mousse, and cover with piece of pastry. Serve with sauce as an entree. As an appetizer, spread mousse thin, and garnish with a sweet pickle.

Clam Cocktail

½ cup tomato catsup . . . 2 tablespoons lemon juice
2 tablespoons Worcestershire sauce . . . 1 tablespoon grated horseradish
1 teaspoon Tabasco sauce . . . ¼ teaspoon salt . . . 2 teaspoons onion, minced
24 small clams

Mix above ingredients. Remove clams from shells. Mix with above sauce. Chill for ten minutes before serving. Serves 6.

Oyster Cocktail in Green Pepper Cups

1 pint oysters . . . 2 tablespoons lemon juice . . . ¼ teaspoon salt
⅛ teaspoon pepper . . . 1 tablespoon Worcestershire sauce
¼ teaspoon curry powder . . . ½ teaspoon celery salt . . . shake of paprika
¼ teaspoon mustard . . . 2 tablespoons tomato catsup . . . 1 teaspoon chili sauce
6 small green peppers

Add to the oysters and the oyster liquor, the lemon juice, salt and pepper and just bring to a boil. Cool. Add the other ingredients to the catsup, then stir into oysters and chill well. Cut slice from ends of peppers, and remove all seeds and membrane. Serve oysters and sauce in the pepper cups. Cocktail glasses may be used. Serves 6.

Celery and Artichoke Cocktail

Mix equal parts of chilled, diced celery hearts and cubed artichoke hearts. The latter can be purchased in bottles. Serve the above combination in the following sauce:

1 cup tomato catsup . . . ½ cup cream . . . 1 tablespoon lemon juice
⅛ teaspoon paprika

Beat catsup and cream together, adding lemon juice and paprika and chill. Stir in celery and artichokes and serve at once.

Lobster Cocktail

Lobster . . . 2 tablespoons tomato catsup . . . 1 tablespoon lemon juice
5 drops Tabasco sauce . . . ½ teaspoon onion, finely chopped

For each cocktail, allow three tablespoons lobster. Cut in small pieces and season with sauce made of remaining ingredients mixed together. Serve very cold.

Fruit cocktails serve as the introduction, or appetizer, of a lunch or dinner. In their role of appetizer, they should be fairly tart, well chilled, and arranged attractively in not too large portions. Fresh or canned fruits or juices may be used either alone or in combinations, and these combinations are innumerable.

Melons should be iced before cutting, then seeds removed and portions served on crushed ice. Powdered sugar, salt or salt and pepper may be passed.

Oranges and grapefruit may be cut in halves crosswise, and the core and seeds removed. Often the centers are filled with highly seasoned sugar or syrups, or other fruits added.

Other fruits may be cut in balls or wedges, and served in cocktail cups. Some of these cups are made with an outer bowl to hold crushed ice.

Banana Pineapple Cup

6 slices canned pineapple . . . 2 bananas . . . ⅛ teaspoon salt
2 tablespoons powdered sugar . . . 2 tablespoons lemon juice
Grating of lemon rind . . . ½ egg white, beaten . . . ½ cup pineapple juice

Arrange pineapple cut in wedges in cup. Mash bananas in bowl, adding salt, sugar, lemon juice and rind, then add unbeaten egg white. Whip with rotary egg beater until light and frothy. Half fill cup and pour chilled pineapple juice over. Serves 6.

Fruit Macedoine

1 grapefruit . . . 2 oranges . . . 3 slices pineapple . . . ⅓ cup honey
2 teaspoons cocoanut . . . 6 dates . . . ¾ cup pineapple juice

Cover pulp of grapefruit, oranges and diced pineapple with honey diluted with fruit juice, adding two tablespoons or more to each cup. Garnish with dates and cocoanut and serve very cold. Serves 6.

Grapefruit Cocktail

4 grapefruits . . . 6 after dinner mints or mint jelly . . . sprigs of mint

Cut grapefruit in halves. Run knife along each section, and around outer skin. Remove pulp carefully and ice. Remove all fibre from shell. The edge of shell may be scalloped, if desired, then put into ice water to keep firm. When ready to serve, return pulp to drained and dried shells, place

a mint or spoonful of jelly in the center and garnish with fresh mint. Serves 6.

Grapefruit and Grape Cocktail

2 grapefruits or 1 can grapefruit . . . 2 cups white grapes . . . 12 Maraschino cherries
Sugar . . . 2 teaspoons Maraschino liquor

Remove sections of grapefruit, free from fibrous skin. Line cocktail glasses, half fill with white grapes and six of the cherries, cut fine. Add a very little sugar to draw juices from fruit, if fresh fruit is used. If canned fruit is used, add sugar to taste and two tablespoons juice to each glass. Chill well. When ready to serve, add a few drops of the Maraschino liquor and top with a whole cherry. Serves 6.

Melon Cocktail

1 cup watermelon balls . . . 1 cup honeydew balls . . . ½ cup lemon juice
3 tablespoons sugar . . . 1 cup ginger ale

From the heart of a ripe watermelon and from a honeydew, cut small balls with a sharp potato scoop. Pour lemon juice and sugar over and chill well, turning balls occasionally. Arrange balls in glasses, add ginger ale to liquid and pour over all. Serves 6.

Mint Orange Plate

4 seedless oranges . . . 1 cup green after dinner mints . . . 6 sprigs of fresh mint

Wash oranges and chill well. Cut into halves with sharp knife, then into small three cornered wedges, cutting toward center, leaving the peel on. Arrange on plates around mounds of crushed after dinner mints. Garnish with a sprig of mint. Serves 6.

Orange Mint Salad

4 large seedless oranges . . . ½ glass mint jelly . . . mayonnaise
12 mint cherries . . . lettuce leaves

Peel oranges, cutting down to the pulp. Cut crosswise in thick slices, and remove center of pithy membrane. Spread mint jelly over slice and cover with another slice. Put a spoonful of stiff mayonnaise on top and garnish with two mint cherries. Serve on lettuce. Serves 6.

Raspberry Cocktail

2 cups red currants . . . 2 cups ripe raspberries . . . ½ cup sugar

Mash currants and strain. Pour juice and sugar over well picked-over, firm raspberries. Chill well. Serve in glasses very carefully, so that the raspberries may be preserved whole. If desired, a little powdered sugar may be placed on top when serving. Serves 6.

Royal Cocktail

⅔ cup grape juice . . . ¾ cup powdered sugar . . . 3 cups grapefruit sections

Mix grape juice and sugar and pour over grapefruit pulp. Chill well—six to eight hours—and arrange in iced glasses to serve. Serves 6.

Canapes

Canapes are made by cutting one-fourth inch slices of bread into fancy shapes. These pieces are then brushed lightly with shortening and browned in oven or fried in deep fat until a golden brown. They are then covered with a seasoned mixture of eggs, force-meat or cheese. They are served hot or cold and usually take the place of oysters at a dinner or luncheon.

Anchovy and Cheese Canapes

6 anchovies . . . 2 hard cooked eggs . . . 4 tablespoons shortening
¼ teaspoon salt . . . few grains cayenne . . . ½ teaspoon lemon juice
6 slices bread . . . 4 tablespoons cheese, grated

Wash and bone anchovies, pound them to a paste with egg yolks, shortening and seasonings; fry bread, spread with above paste, and sprinkle over them whites of eggs chopped very fine, cover with grated cheese and toast under the fire for one minute. Serves 6.

Cheese Canapes

1 cup grated cheese . . . ¼ teaspoon salt . . . few grains cayenne . . . 6 slices bread

Cut bread into circular pieces, sprinkle with a thick layer of grated cheese, season with salt and pepper; place on a baking sheet and bake in oven or under gas flame until cheese is melted. Serve at once. Serves 6.

Caviar Canape

On rounds of toasted rye or whole wheat bread, buttered, place rings of hard cooked eggs. Cover center with caviar and then cover caviar with a slice of freshly peeled cucumber. Dress with French salad dressing when ready to serve.

Ham and Cheese Canapes

½ loaf bread . . . ½ cup melted shortening . . . 1 cup ground ham
3 ounces finely grated cheese . . . 2 tablespoons green pepper, finely minced

Remove crusts from bread and slice one-fourth inch thick. Brush with melted shortening and brown in hot oven. Spread with ham, cheese and green pepper, mixed well. Cut in fancy shapes to serve. Serves 8.

Hot Ham Canapes

Bread . . . ¾ cup grated cheese . . . 1 cup ground boiled ham
2 or 3 drops onion juice . . . ¼ cup heavy cream

Cut slices of bread into fancy shapes, using cookie cutters, and toast on one side. Mix the cheese, ham, onion juice together and spread on untoasted side of bread and brown in quick oven. Serves 8.

Olive Canapes

1 large alligator pear . . . ½ teaspoon salt . . . shake of paprika
½ teaspoon Worcestershire sauce . . . 1 cup stuffed olives . . . ½ cup sweet pickles
Mayonnaise

Mash the alligator pear and add seasonings. Add the chopped olives and pickles and sufficient mayonnaise to make a smooth paste. Spread on fried toast points or rounds of buttered bread. Garnish with olive rings. Serves 10.

Pirettes

4 slices canned pineapple . . . 2 tablespoons grated cheese . . . ½ teaspoon salt
½ teaspoon pepper . . . 1 teaspoon sugar . . . 2 teaspoons buttered crumbs
1 egg white, stiffly beaten

Shred the pine apple and drain well. Add cheese, seasonings, sugar, bread crumbs and fold into the stiffly beaten egg white. Heap on crackers or bread, cut in fancy shapes, and brown in moderate oven. Serve immediately. Serves 6 to 8.

Salmon Canapes

1 can salmon, small . . . 1 tablespoon onion juice . . . 2 tablespoons lemon juice
Pepper and salt . . . 1 teaspoon salted almonds, chopped
1 teaspoon chives, chopped . . . Russian dressing . . . stuffed olives

Remove skin and bones from salmon and flake. Add onion and lemon juices, seasoning to taste, almonds and chives. Moisten with Russian dressing, heap on toast and garnish with sliced stuffed olives. Serves 12.

Tomato Canapes

3 ounces cream cheese . . . 2 tablespoons Roquefort cheese
2 tablespoons heavy cream . . . ¼ teaspoon salt . . . shake of cayenne
2 medium sized tomatoes . . . toast . . . mayonnaise

Mix the two cheeses together with the cream and seasoning, until smooth. Cut rounds of toast the same size as tomato slices. Spread with the cheese mixture, cover with slice of tomato and garnish with spoon of mayonnaise. Serves 6.

Stuffed Celery

Hearts of celery . . . 3 ounce package cream cheese . . . 1 tablespoon cream
⅛ teaspoon salt . . . 1 teaspoon Worcestershire sauce
1 tablespoon parsley, minced . . . paprika

Crisp the celery in ice water and dry well. Mix the cream cheese, cream and salt with the Worcestershire sauce until smooth. Mix in parsley and

stuff the celery. Sprinkle with paprika. Chill and serve as a relish, as a salad accompaniment or cut into pieces and serve with French dressing on crisp lettuce as a salad.

Stuffed Endive

3 ounces cream cheese . . . 1½ ounces Roquefort cheese . . . 2 tablespoons cream
⅛ teaspoon salt . . . shake of paprika . . . 2 tablespoons parsley, minced
Blanched endive

Mash the cheeses, adding cream and seasonings and mix to a smooth paste. Fills the ends of crisp endive, then dip in minced parsley. Chill well to serve.

A Tid-Bit of Bacon and Prunes

Soak large prunes in water several hours. Cook until almost done, pit and wrap each prune in a strip of bacon. Fasten with a toothpick and broil carefully until bacon is cooked. Serve hot.

Salad Meringues

2 tablespoons melted shortening . . . 4 tablespoons flour . . . ½ teaspoon salt
Shake of cayenne . . . ⅔ cup grated cheese . . . 3 egg whites, beaten stiff

Mix shortening, flour and seasonings, then mix in cheese. Fold this into the stiffly beaten egg whites. Drop from tip of spoon on greased baking sheet and brown in a moderate oven. Serve hot.

Cheese Balls

3 egg whites, beaten stiff . . . 1 cup grated cheese . . . ½ teaspoon salt
⅛ teaspoon pepper . . . ½ cup bread crumbs

Beat whites until stiff; fold grated cheese into whites; add seasonings and let stand fifteen minutes. Make into balls size of a walnut, roll in bread crumbs, fry in deep fat until golden brown. To be served hot with salad.

Devilled Cheese Strips

2 cups grated cheese . . . 1 tablespoon butter . . . 2 tablespoons weak vinegar
Shake of cayenne . . . ½ teaspoon Worcestershire sauce
1 teaspoon sugar . . . hot toast

Cream all the ingredients together until smooth and spread on hot buttered toast; cut in finger strips and serve with salad.

Parmesan Cheese Puffs

Cut rounds of buttered toast, pile grated Parmesan cheese in heap in center. Surround this heap with white of egg, beaten very stiff with pinch of salt. This may be done with a paper pastry bag. Sprinkle with cheese and bake in a very hot oven 5 minutes. These are good served with salad.

CHAPTER II

THE "COMPANY SHELF"

It is a great convenience to have a well stocked emergency shelf against the times when the unexpected guest drops in, or unlooked for demands are made for "donations." On this shelf may be kept a selection of such things as small cans of pimientoes, mushrooms, capers, marrons, chicken, shrimp, caviar, tiny pearl onions, choice jellies and marmalades, pickles and preserves.

When company comes, it is simple enough to dress up the regular family dinner with a little additional seasoning or an extra dash of something-or-other.

Home-made pickles and preserves also serve to make many left-over dishes more acceptable. It is well, then, in view of the various and sundry uses for a "company shelf," to have one in your home. (See last chapter of Part III.)

The following recipes are unusually choice ones, not usually found in cook books. Many of them have been in certain family recipe books for generations, and others have been handed down almost as heirlooms!

In making jams or marmalades, the jelly-making element, pectin, must be present, or else the fruit juice will not "jell." If you cannot secure the commercial pectin, you may make it yourself in the following manner:

Apple Pectin

1 lb. sour apples . . . juice 1 lemon . . . 2 qts. cold water

Underripe apples or crabapples may be used. Remove blossom and stem ends, cut in pieces, using skins and cores. Add lemon juice and water enough to barely cover. Cook till apples are soft, strain them through jelly bag without squeezing. Boil the juice 5 minutes and pour into hot sterilized jars and seal.

Golden Ginger Cup

6 lbs. pumpkin . . . 6 cups sugar . . . 6 lemons . . . 1 qt. water
2 oz. green ginger root

Raw pumpkin may be diced in third-inch cubes or cut into balls with French cutter. Add the ginger root and lemons sliced very thin (remove seeds), cover with water and let stand over night. Simmer slowly till

pumpkin is tender, testing it with a straw or toothpick, then add the sugar and cook till the pumpkin is clear and the liquid jells.

Cranberry Marmalade

1 pint cranberries . . . 1 lb. raisins . . . 1 cup corn syrup . . . 1 cup brown sugar

Pick over and wash cranberries and raisins. Cover and cook them in double boiler until broken to pieces. Add syrup and sugar. This should be cooked so that it will form a stiff mold when cold. This is very nice packed in tiny individual marmalade jars.

Garfield Butter

Take two-thirds plums and one-third peaches. Pare, pit and slice the peaches, and if plums are freestones, remove pits. Cook peaches and plums together till soft, rub through colander or coarse sieve. If plums happen to be clingstones, the pits are removed in the sieving process. To each measure of pulp add three-fourths of a measure of sugar, cook slowly, stir often, till right consistency. Pack hot in hot sterilized jars. Seal.

Green-Grape Mint Jelly

Wash desired amount of green or partially ripe grapes, put in preserving kettle and heat till easily crushed. To each 4 lbs. of grapes add 1 bunch fresh, well-washed mint previously bruised in a bowl, and cook till grapes are soft enough to drain. Place in jelly bag, let drip, then measure the amount.

Boil the juice and for each pint of it add 1 scant pound of sugar (heated) and boil for 12 minutes. It should jelly when tested on a saucer in this amount of time. Color it a mint green with vegetable liquid coloring, and fill glasses. Part of it may be left without coloring if desired, since it is naturally a beautiful color as it is. A beautiful effect may be produced by placing alternate layers of the pink and green jelly in the same glass, allowing each layer to cool before adding next.

Chipped Pears

8 lbs. pears . . . 4 lemons . . . ¼ lb. ginger root . . . 8 lbs. sugar
1 cup boiling water

Cut pears, lemon and ginger root in small, thin slices. Add the sugar and water and boil all together for 2 to 3 hours, very gentle heat. The fruit should be clear and tender. Stir often while cooking.

Grape Fudge

½ peck blue grapes . . . ¼ cup whole allspice . . . ¼ lb. stick cinnamon
1 cup grape juice . . . 1 cup cider vinegar . . . 3 lbs. sugar

Let all above ingredients, except sugar, come to boil, and strain. Add

sugar and boil for 25 minutes. Pour into hot sterilized glasses. Very delicious with meats.

Sweet Pickled Prunes

4 lbs. prunes . . . 2 lbs. sugar . . . 2 cups vinegar
½ oz. cloves, whole . . . 1 stick cinnamon . . . ½ oz. whole ginger

Wash prunes well, soak in cold water 24 hours. Bring to boil in same water. Boil together the sugar, vinegar and spices 10 minutes; add the prunes drained from the water, and simmer gently until tender. When cold put in jars and seal.

Lazy Daisy Pickles

1 gal. vinegar . . . 1 cup salt . . .1 cup sugar . . . 12 small hot red peppers
1 cup mustard seed . . . 2 gals. cucumbers, 1½ to 2 ins. long

Wash cucumbers carefully and pack them in clean glass jars. Mix salt, sugar, mustard and peppers with the vinegar, fill the jars to overflowing with it. Cover tightly, store in cool dry place, and the pickles will be ready to eat in two weeks. These make very nice gifts if packed into small narrow jars.

Sliced Sweet Dills

Slice 1 can dill pickles, or about 8 dills from the grocery pickle barrel into ¼-inch slices. Put into clean jars, dropping strips of pimiento between the layers of pickles.

Boil together 1 cup vinegar, 1 cup sugar, 1 teaspoon mixed pickling spices. Pour it over the sliced dills and let stand a couple of days before using. If sealed while hot these pickles will keep a long time. Strain out the spices, if sealing hot.

Watermelon-Rind Preserves

10 cups watermelon-rinds . . . 10 cups sugar

Mix the melon-rinds and sugar and let stand overnight. In morning add 10 tablespoons orange peelings, run through the meat chopper. Cook till clear and rich yellow color. Extra delicious!

Red Pepper Jelly

6 large sweet peppers . . . 1 cup vinegar . . . 1½ cups sugar

Put peppers through food chopper after removing seeds. Add little salt, let stand two hours. Rinse in cold water and drain an hour. Add the other ingredients and boil, stirring constantly. Seal in hot jelly glasses.

Spanish Jam

To juice of 5 qts. currants add 2 cups water and bring to boil, skimming repeatedly. Stir in the grated rind of 6 oranges, boil for 20 minutes, then

add the juice of the oranges. Stir in 5 lbs. sugar and 1½ lbs. raisins, and boil for 1 hour, or till it reaches the proper consistency.

Carronge Marmalade

Grind 2 bunches raw carrots in food chopper, using large cutter. Make syrup by bringing to boil 3 cups sugar to 1 of orange juice. Into this stir the carrot pulp and simmer over slow fire till of desired consistency. To add richness and stronger orange flavor, grind some of the peel and add some of the pulp.

CHAPTER III

COMPANY OR SUNDAY DINNER MENUS

MENU 1

Baked Pork Tenderloin
Sweet Potatoes with Apple *Stuffed Spanish Onions*
Endive Salad *Cheese Sticks* *Lemon Sherbet*
Walnut Torte

Baked Pork Tenderloin

Trim and wipe tenderloins with damp cloth. Split them nearly through to make them lie flat. Rub with salt and pepper. Make a dressing with bread crumbs, shortening, salt, pepper, onion and a little sage. (See any poultry dressing recipe for quantities.)

Spread the dressing on half the tenderloin, turn the other half over it and tie or sew all around. Bake 45 minutes, basting often with 3 tablespoons shortening in ¼ cup boiling water. Remove to hot platter. Make gravy of the broth and pour over the tenderloins. Allow half a tenderloin per person.

Sweet Potatoes with Apple

Place mashed and seasoned sweet potatoes in greased baking dish. Cover with apples, pared, cored and cut in slices and cooked in syrup till tender. Sprinkle over with sugar, white or brown, and bake in hot oven (425°) till nicely browned.

Lemon Sherbet

1 qt. water . . . 1½ cups sugar . . . ¾ cup lemon juice . . . 1 egg white, beaten stiff

Make a syrup of boiling water, sugar and lemon juice. Cool, strain and freeze. When half frozen, add the beaten egg white, and pack. Serves 8.

Stuffed Spanish Onions

6 onions . . . cooked chicken . . . bread crumbs . . . salt . . . pepper
2 tablespoons melted shortening

Peel onions, scoop out from top a portion of the center. Parboil five minutes, turn upside down to drain. Fill them with the stuffing made of

equal parts chicken or any other left-over meat and the other ingredients, including the chopped onion taken from center of large ones.

Fill onions heaping full, sprinkle the tops with buttered bread crumbs. Place in pan with 1 inch water, cover, let cook in oven for 1 hour or till tender. Remove cover last 5 minutes to brown the crumbs. Serves 6.

Endive Salad

Place two or three pieces of endive on each salad plate, serve with French dressing. Have endive very cold and crisp.

Walnut Torte

8 eggs, well beaten . . . 1½ cups sugar . . . 3 squares bitter chocolate, melted
1 cup cracker crumbs . . . 1 teaspoon cinnamon . . . 1 teaspoon baking powder
1 cup walnuts, chopped . . . grated rind of 1 lemon . . . ½ cup citron, cut fine
2 tablespoons sherry (ginger ale or grape juice)

Add sugar to the well beaten eggs, stirring continuously. Melt chocolate and add to the eggs (be careful it is not hot enough to coagulate the eggs). Mix the baking powder with the cracker crumbs and cinnamon. Add to the egg mixture; fold in nuts, lemon and citron. Add flavoring, bake in a greased pan in a moderate oven for 30 minutes. Serves 6.

MENU 2

Broiled Veal Cutlets *Caper Sauce*
Corn in Tomato Cups *Country Potatoes*
Awning Cucumber Salad
Macaroon Pie

Broiled Veal Cutlets, Caper Sauce

Trim and wipe with damp cloth 6 servings loin of veal cutlets, season with salt, pepper and 1 tablespoon salad oil, turning them several times. Broil slowly 5 minutes on each side. Serve on hot platter with caper sauce.

Caper Sauce

⅓ cup margarine . . . 3 tablespoons flour . . . ½ teaspoon salt . . . cayenne
1½ cups broth or beef bouillon . . . ½ cup capers

Melt shortening, add flour mixed with seasonings, cook smooth, add the liquid small amount at a time. Cook till smooth, stirring constantly. When done, add the capers, which have been drained from their liquor.

Country Potatoes

Put 2 cups diced raw potatoes in frying pan with ½ teaspoon salt, pepper and 2 tablespoons butter or margarine. Sprinkle with 2 tablespoons flour

and mix. Pour 1 cup milk over the mixture, cook slowly till potatoes are creamy. Serve with minced parsley over top.

Corn in Tomato Cups

6 tomatoes . . . 1 sweet pepper . . . ½ teaspoon salt . . . pepper
1½ cups corn . . . 2 tablespoons shortening

Scoop centers from tomatoes. Scrape corn from cob, either raw or cooked. Add other ingredients and fill into the tomatoes. Bake in hot oven (400°) for 30 minutes in a well greased shallow pan. Serves 6.

Awning Cucumber Salad

Select rather large, long cucumbers, very green. Cut them in 2-inch lengths without paring. Be sure one end of each section is flat, so that it will stand upright. Scoop out as much of the center as possible, still leaving about ⅜ inch white border on outside. Mix the scooped-out cucumber with minced celery and chopped tomato and little minced onion, moisten with mayonnaise or sour cream, season with salt and pepper. Chill.

Now pare away with sharp pointed knife ¼ inch wide sections of the green peeling on the cucumber lengths. Arrange it so that there will be alternating lengthwise strips of green and white, about ¼ inch widths. Set in ice box to get cold. Also have a green pepper ready.

When ready to serve, place a thick slice tomato on each salad plate. Stuff the salad mixture into the cavities of the cucumbers. Stand the stuffed cucumber lengths on the tomato slice. Finish off with a thin ring of green pepper. Serve very cold.

Macaroon Pie

4 egg whites, beaten stiff . . . 1 cup sugar . . . 10 salted wafers, rolled fine
1 teaspoon baking powder . . . ¼ teaspoon almond flavoring
½ cup nut meats, cut up

Add sugar gradually to the egg whites, then add the crackers, mixed with baking powder, and the nut meats. Flavor and bake in an ungreased pie pan, in a slow oven (300° F.) for 25 minutes. Serve with whipped cream. Serves 6.

MENU 3

Baked Ham *Jellied Vegetables*
Potato Puff, Bohemian *Raspberry Sherbet No. 1*
Sliced Cucumbers *Radishes*
Almond Meringue Pie

Baked Ham with Jellied Vegetables

Soak eight pound ham in cold water over night, putting on to boil in the morning. Allow 20 minutes for each pound. Let ham cool in water in

which it is cooked. When cool, take from water, removing rind, and rub with a mixture of cracker crumbs and orange marmalade. Bake in a moderate oven for 1 hour. Make vegetable jelly by adding fresh or canned vegetables to lemon jello. (A very good way to use up leftover canned fruits and vegetables.) Put to mold in individual molds. When hard, unmold on lettuce leaf. Serves 16.

Potato Puff—Bohemian Style

6 potatoes . . . ½ cup flour . . . 6 tablespoons shortening . . . 2 onions, minced

Cook potatoes in salted water until soft. Drain, leaving about one-fourth cup of water in pan. Return pan to fire and sift in flour, covering for five minutes. Mash very hard until smooth and consistency of dough. Fry onion in shortening until light brown. Dip a tablespoon in hot shortening, then scoop potato mixture and fry until light brown. Be sure spoon is dipped into hot shortening each time potato mixture is cut. Serves 6.

Raspberry Sherbet

1 pt. raspberry juice (canned) . . . 1 qt. water . . . 2 cups sugar . . . juice 2 lemons

Boil sugar and half the water to form thick syrup, add rest of water, the raspberry and lemon juice. Freeze as soon as mixture is cold, let ripen an hour before using.

Almond Meringue Pie

¼ cup shortening . . . ¼ cup sugar . . . 2 egg yolks, beaten . . . 3 tablespoons milk
½ cup flour . . . ½ teaspoon baking powder . . . ¼ teaspoon salt
½ teaspoon vanilla . . . 2 egg whites, beaten stiff . . . ¾ cup sugar
⅓ cup almonds

Cream shortening and sugar, add beaten egg yolks, then milk, dry ingredients sifted together and flavoring. Pour into greased pie pan (glass preferred). Spread stiffly beaten egg whites, mixed with sugar, over the cake mixture. Sprinkle with almonds, blanched and chopped, and bake in moderate oven (350° F.) for 40 minutes. Serves 6 people.

MENU 4

Baked Chicken *Orange Dressing*
Fried Cucumbers *Scotch Baked Potatoes*
Peach Dessert

Orange Dressing for Baked Chicken
(Very delicious and quite unusual)

2 oranges . . . 4 canned peaches . . . 6 stewed prunes . . . 4 canned apricots
14 walnuts . . . 4 cups soft bread crumbs . . . 1 egg

Separate orange pulp from membrane. Drain fruit well. Mix all fruit, whole walnut meats and bread crumbs lightly with fork. Beat egg and add. Stuff chicken with dressing and truss well.

Fried Cucumbers

Slice, sprinkle with salt and pepper, dip in egg, then in cracker dust; fry until brown.

Scotch Baked Potatoes

Peel and slice raw potatoes very thin, using 6 medium sized potatoes. Beat 1 egg with 1 tablespoon melted butter or margarin. Place potatoes in shallow baking dish, sprinkle well with salt and pepper, add enough milk to cover the potatoes, add the beaten egg. Then sprinkle grated cheese over the top, using ½ cup, and bake in moderate oven, 375° about 30 minutes, or until potatoes are tender.

Peach Dessert

1 cup sugar . . . ½ cup water . . . ⅓ cup orange juice
1 cup peach pulp . . . 2 cups cream, whipped . . . ⅓ teaspoon almond flavoring

Boil together sugar, water and orange juice until it threads. Pour over stiffly beaten egg whites gradually, stirring constantly. Add to whipped cream to which peach pulp has been added and add flavoring. Freeze 5 hours and serve with peach sauce. Serves 8.

MENU 5

Chicken Timbales *Veal and Forcemeat Filling*
Potatoes Baked in Cheese Sauce *Peanut Butter Carrots*
Triple Salad
Rainbow Loaf Dessert

Chicken Timbales

Veal Forcemeat

2 cups raw lean veal . . . 1 cup stale bread crumbs . . . 2 cups cream
⅛ teaspoon mace . . . 6 tablespoons shortening . . . 2 teaspoons salt
⅛ teaspoon white pepper . . . 4 egg whites

Scrape veal to pulp and pound smooth; cook bread crumbs in cream with mace for 20 minutes, combine ingredients, beat all together, mashing to a smooth paste. Fold in egg whites beaten stiff.

Filling

1 cup cream . . . 1 teaspoon shortening . . . 2 tablespoons flour
1 teaspoon salt . . . ⅛ teaspoon pepper . . . 3 cups diced chicken
½ cup sliced mushrooms

Melt shortening, add flour and seasonings and mix smooth. Beat in cream and cook until thick. Add chicken and mushrooms. Grease molds, dot bottom and sides with tiny dice of truffle and line them with forcemeat (take care to have lining thin at bottom of mold and thick around top or it will break when turned out). Fill molds to within three-fourths inch of top with creamed preparation and cover with forcemeat. Place molds in deep pan and pour in hot water to fill almost to top of molds. Cover with greased paper and cook in slow oven for 25 minutes. Water must not boil. Serve with Bechamel or Yellow Sauce. Serves 8 to 10.

Potatoes Baked in Cheese Sauce

2 tablespoons crumbled cheese . . . 3 tablespoons butter
2 tablespoons flour . . . 1 teaspoon salt . . . ¼ teaspoon paprika
¼ teaspoon Tabasco . . . 1 green pepper . . . 6 large potatoes
1½ cups milk

Melt cheese and butter, add flour and rub to paste. Add seasonings, then the milk slowly till blended. Cook till thickened and remove from fire. Pare potatoes, slice thin. Chop pepper.

Put alternate layers potatoes and peppers in greased casserole until dish is filled. Pour the cheese sauce over all, sprinkle the nuts on top. Bake about an hour in moderate oven 375°. Serves six. Nuts may be omitted if desired.

Peanut Butter Carrots

Cook 6 medium carrots until tender, and dice. Prepare 1 cup medium thick white sauce, and add 1 tablespoon peanut butter to it. Pour over the carrots, and serve hot.

Triple Salad

6 slices cooked beets . . . 4 slices Spanish onion
4 short asparagus tips

Place lettuce leaf on individual salad plates. On this, arrange 2 rows of the beets and onion, laying 3 slices of the beets in each row and slipping the slices of onion in between the beet slices, alternating them. On top, in slightly spreading fan shape, place the asparagus tips. Pour French dressing over the vegetables, serve very cold.

Rainbow Loaf Dessert

2 tablespoons gelatine . . . 4 tablespoons cold water . . . 20 marshmallows
½ cup boiling water . . . 1 cup sugar . . . 4 egg whites, beaten stiff

Soften gelatine in the cold water. Add marshmallows and boiling water to gelatine and dissolve over boiling water. Add sugar and stir until dissolved. Cool, stirring continually, and add the stiffly beaten egg whites.

Divide into portions, coloring each portion with vegetable coloring, and flavor to taste. Place colors in layers in a bread pan, so that loaf will slice like brick ice cream, when cold. Add grated cocoanut to that portion saved for the top layer. Chill well. Serves 6.

MENU 6

Broiled Sweetbreads
Parsley Potatoes *Green Pea Fricassee*
Chrysanthemum Salad
Pecan and Cherry Torte

Broiled Sweetbreads

Parboil the sweetbreads, remove any membranes, slice lengthwise, sprinkle with salt and pepper, place slices on hot broiler under quick fire and broil five minutes, turning once; remove to hot platter and serve with peas and toast.

Parsley Potatoes

Pare potatoes and cut in balls with a French vegetable cutter (or cut in ½-inch cubes). Cook in boiling salted water 10 minutes. Drain, add 3 tablespoons butter, melted, mixed with 1 teaspoon lemon juice and 1 tablespoon finely minced parsley. Shake pan gently until potatoes are well mixed with the sauce.

Green Pea Fricassee

Two quarts of shelled peas are put over low fire in stewpan with ½ cup boiling water, 2 tablespoons butter, three or four fresh whole green onions, two or three sprigs parsley, and a head of lettuce washed and leaves separated. Cover the saucepan tightly and cook vegetables slowly for an hour.

Chrysanthemum Salad

Use very small seedless oranges. Cut clear through the skins in narrow strips, three-fourths of the way down to bottom of oranges. Be careful not to break them apart. Remove pulp, and cut in long slivers. Place oranges on lettuce leaves on individual salad plates, fill centers with the orange slivers and long slender pieces of pared apple. Serve with French fruit dressing.

Pecan and Cherry Torte

6 tablespoons sugar . . . 4 eggs, beaten well . . . ¾ cup flour
¼ teaspoon salt . . . 2 teaspoons baking powder . . . 6 tablespoons melted shortening
½ teaspoon vanilla . . . 1 cup cream, whipped . . . ½ cup chopped pecans
½ cup Maraschino cherries, cut up

Beat the eggs thoroughly with the sugar, mixing over pan of boiling water. Remove from heat and beat until cold. Sift in dry ingredients and mix well, then add melted shortening and flavoring. Bake in moderate oven (350° F.) in greased muffin pans. This should be baked the day before it is needed. When ready to serve, cut off the top, hollow out the center and fill with the cream, pecans and cherries. Replace top and garnish. Serves 6.

MENU 7

Broiled Pork Tenderloin
Fried Eggplant *Hashed Potatoes in Cream*
Waldorf Salad
Baked Lemon Dumplings

Broiled Pork Tenderloin

Trim and wipe meat, split open and broil. Season with pepper, salt and one freshly powdered sage leaf for each one. Place on hot broiler and brown thoroughly, but do not turn. Serve on hot platter with melted butter. Allow half a tenderloin to each serving.

Fried Eggplant

Peel and cut eggplant in half inch slices, sprinkle with salt and pepper. Arrange on plate, placing a weight over in order to press out juice, and set aside for one hour or more; drain, and dry each slice by rolling in seasoned flour, and fry crisp in plenty of sweet drippings.

Hashed Potatoes in Cream

Finely hash 4 medium-sized boiled potatoes. Place in pan with 1 cup milk and cream, season with ½ teaspoon salt, saltspoon pepper, half saltspoon grated nutmeg and 1 teaspoon butter.

Mix well, using wooden spoon, cook gently for 12 minutes, lightly stirring occasionally.

Baked Lemon Dumplings

2 cups flour . . . 4 teaspoons baking powder . . . ½ teaspoon salt
2 tablespoons shortening . . . milk . . . 1 lemon
3 tablespoons seeded raisins, chopped . . . 1 tablespoon melted shortening
½ teaspoon cinnamon . . . ½ teaspoon nutmeg . . . ½ cup sugar

Sift together flour, baking powder, salt and with the finger tips rub in shortening. Wet to a paste with chilled milk and roll out into a thin sheet. Cut in rounds and place in the center of each two tablespoons of the following mixture: Remove the edible pulp from lemon and add the grated yellow rind and juice, raisins, melted shortening, cinnamon, grated nutmeg,

and sugar. Form the paste over the filling in dumpling form, set them in a well greased pan, sprinkle with sugar and bake in a very hot oven until crisp and brown. Serve with a liquid sauce. Serves 6.

MENU 8

Baked Ham *Glazed Apricots*
Marshmallow Sweets *Corn Pudding*
Jellied Ginger-Grape Salad
Merlins

Baked Ham with Glazed Apricots

1 slice ham, ¾ inch thick . . . 2 cups milk . . . 1 can apricots . . . whole cloves

Put ham in a round casserole, cover with milk and bake 45 minutes. Heat apricots in their syrup (dried apricots, soaked and heated in thick syrup, are satisfactory). Stick cloves in edges of ham, cover with heated apricots and bake for 45 minutes. The apricots will brown and caramelize slightly, adding a new flavor to the dish. Serves 6.

Corn Pudding

1 dozen ears corn . . . 2 tablespoons shortening . . . 2 tablespoons flour
1 teaspoon sugar . . . ½ teaspoon salt . . . 2 cups scalded milk . . . 2 eggs, beaten

Remove the husks from the corn, pick out all the silk; cut a thin slice from the kernels; with a dull knife scrape down the ears. Melt the shortening, add the flour and seasonings, combine with milk and corn. Add the beaten eggs last. Pour in a greased baking dish and bake in a moderate oven for 30 minutes. Serves 6.

Marshmallow Sweets

Boil the sweet potatoes with jackets on; when tender, peel, mash and season with pinch salt. Place a layer of them in a greased baking dish, sprinkle liberally with brown sugar, then a layer of canned sliced peaches. Repeat with another layer of each, placing marshmallows on top. Sprinkle the marshmallows with cocoanut, and brown in the oven with the ham.

Jellied Ginger-Grape Salad

2½ tablespoons gelatine . . . ½ cup cold water
3 tablespoons sugar . . . 1 pint bottle ginger ale
1 cup grape juice . . . 1 cup seeded white grapes

Soak gelatine in cold water 5 minutes. Dissolve in hot grape juice, add sugar and cool. Add ginger ale, and pour into wet molds. Add the grapes when gelatine is partly set. Serve with Fluffy Pecan Mayonnaise.

Merlins

6 macaroons . . . 1 square chocolate . . . 2 cups milk
3 egg yolks, well beaten . . . 1 tablespoon sugar . . . 1 teaspoon vanilla

Grate and sift macaroons. Put chocolate in saucepan and cover with ½ cup milk. Heat gradually, stirring all the time, until chocolate is melted. Add rest of milk, then beaten egg yolks, sugar, vanilla and macaroon crumbs. Line patty tins with puff paste. Fill with mixture and bake 30 minutes. This makes 8 small tarts.

MENU 9

Roast Leg of Lamb *Mint Sauce*
Rice Croquettes *Stuffed Onions*
Cherry Filbert Salad
Ginger and Pineapple Mousse

Roast Leg of Lamb

Trim and wipe meat with damp cloth. Rub first with melted shortening, then with plenty of salt and pepper. Place in roasting pan in very hot oven and sear for 20 minutes. Reduce heat of oven to 400°, and roast until tender. Do not add water to the roasting pan, but cover it if it browns too fast.

Mint Sauce

1 bunch mint . . . ⅓ cup boiling water . . . paprika
2 tablespoons sugar . . . ½ teaspoon salt . . . ¼ cup vinegar

Chop mint fine, add boiling water and sugar; cover closely and let stand ½ hour. Just before serving, add the other ingredients and stir well.

Rice Croquettes

Steam 1 cup rice in 1 pint milk till soft, add while hot 1 teaspoon butter, 1 well beaten egg yolk, milk to moisten if necessary. Cool. Shape in ovals or pyramids, crumb, dip in egg, crumb again and fry in hot deep fat. These may be prepared day previous, keeping them in refrigerator after molding, and frying just before dinner.

Stuffed Onions

6 Spanish onions . . . 1 cup bread crumbs . . . ½ teaspoon salt . . . 1 egg
1 cup pecans, chopped . . . 3 tablespoons chopped parsley
⅛ teaspoon white pepper . . . 1 cup soup stock, or 1 cup milk

Peel onions and boil whole in salted water. Cool and remove centers. Mix together the other ingredients and stuff the onions. Place in greased

baking dish, dot with shortening and bake in moderate oven until brown. Serves 6.

Cherry Filbert Salad

1 can large white cherries . . . ¼ lb. shelled filberts
1 cream cheese . . . 2 tablespoons cherry juice . . . dash paprika
1 tablespoon lemon juice . . . 4 tablespoons salad oil
½ teaspoon salt . . . romaine

Drain cherries and blanch filberts. Pit cherries, stuff the pit cavity with a nut. Arrange 8 cherries and a small cream cheese ball on crisp leaf of romaine for each portion. Beat fruit juices, seasonings and oil together for dressing, pour over the fruit.

Ginger and Pineapple Mousse

1 cup heavy cream, whipped . . . ½ cup sugar . . . ¼ teaspoon salt
½ tablespoon gelatine . . . ¼ cup cold water
1 teaspoon vanilla . . . ¼ cup preserved chopped ginger
2 tablespoons ginger syrup . . . 3 cups crushed drained pineapple

Mix sugar and pineapple pulp; add gelatine after soaking in cold water 5 minutes, let stand until sugar and gelatine are dissolved. Chill. Fold in whipped cream to which salt and vanilla have been added. Add ginger and ginger syrup last. Pour into molds and freeze from 5 to 6 hours.

MENU 10

Rice Curry with Chicken
Southern Corn Custard
Health Salad *Apricot Delight*

Rice Curry with Chicken

1½ lbs. spring chicken . . . 2 tablespoons shortening
1 onion . . . 2 tablespoons curry powder . . . 1 teaspoon salt
2 tablespoons soy sauce . . . 1 teaspoon sugar

Clean and remove bones from chicken and cut it in small pieces. Brown it in fat, cook 10 minutes. Add chopped giblets and onion, then curry powder, salt and enough boiling water to cover. Simmer until meat is tender.

Thicken liquid with little flour, and add soy sauce. Make a ring of cooked rice, place chicken mixture in center.

Southern Corn Custard

1 can corn . . . 2 eggs . . . 1 teaspoon salt
⅛ teaspoon pepper . . . 1½ tablespoons melted shortening . . . 1 pint scalded milk

Add the eggs, slightly beaten, to the corn. Add salt, pepper, shortening

and scalded milk. Turn into a greased dish and bake in a slow oven until firm. Serves 6.

Health Salad

Mix together 3 cups chilled sauerkraut, 9 green olives cut fine, 2 chopped hard cooked eggs, 1 chopped pimiento and ¼ cup mayonnaise. Serve on lettuce. One of the eggs may be used as garnish if desired.

Apricot Delight

2 cups pureed apricots (canned or dried) . . . 2 cups apricot juice
⅓ pound marshmallows, cut fine . . . 1 tablespoon gelatine
2 tablespoons cold water . . . ½ cup cold water . . . 1 cup sugar
3 egg whites, beaten stiff . . . ½ teaspoon salt . . . 1 cup cream, whipped

Mix the puree, juice and cut marshmallows, allow to stand over hot water until the marshmallows are melted. Cover the gelatine with cold water, then dissolve over hot water and add to the apricot mixture. Boil the half cup of water and sugar until it threads and add it to the egg whites. Combine this with the apricot mixture, add whipped cream and salt. Cool thoroughly and pour into trays of electric refrigerator. Serves 8.

MENU 11

Baked Spiced Tongue *Italian Spinach*
Splendiferous Salad Ring
Honolulu Gingerbread

Baked Spiced Tongue

1 large tongue . . . 2 tablespoons shortening . . . 1 tablespoon browned flour
1 teaspoon salt . . . shake cayenne . . . 3 whole cloves
1 teaspoon minced parsley . . . 2 pickled cucumbers, chopped
1 tablespoon Worcestershire sauce . . . 1 cup onion, chopped . . . 1 cup tomatoes
2 cups water

Parboil tongue in salted water. Drain, cool slightly and skin. Melt shortening, mix in browned flour and seasonings and rub into tongue. Put into casserole, add other ingredients in order given. Cover and bake 1 hour in moderate oven (375° F.). Allow ½ pound fresh tongue to a serving.

Italian Spinach

¾ cup cooked macaroni (cut into inch lengths) . . . 2 cups cooked spinach
½ cup white sauce . . . 2 tablespoons grated cheese . . . cayenne and salt
2 hard cooked eggs—sliced

Boil macaroni in salted water until tender. Drain spinach very dry. Chop, mix with white sauce and season well. Grease baking dish, put alter-

nate layers of macaroni, spinach, cheese, seasonings and egg until all is used, leaving cheese on top. Bake in a moderate oven (375° F.) for 20 minutes or until brown and well heated through. Serves 6.

Splendiferous Salad Ring

½ cup sugar . . . ⅛ teaspoon salt . . . juice 1 lemon
⅓ cup hot water . . . ⅓ cup cold water . . . ½ cup cottage cheese
1 small can grated pineapple . . . ¾ cup whipped cream
2 tablespoons gelatine . . . ½ cup chopped nuts

Bring sugar, salt, lemon juice and hot water to boil. Dissolve gelatine in the cold water, add to the hot liquid. Cool mixture, then add pineapple and cheese. When very cold add cream and nuts, and pour into wet mold. Use ring mold. Let stand several hours or over night.

Honolulu Gingerbread

⅓ cup shortening . . . ½ cup sugar . . . 2 beaten eggs
½ cup dark molasses . . . 2 cups flour . . . ¼ teaspoon salt
1 teaspoon baking soda . . . ¾ teaspoon ginger
½ cup boiling water . . . ¾ cup cocoanut

Cream shortening and sugar, add molasses and eggs. Mix and sift remaining dry ingredients and add alternately with hot water. Stir in cocoanut.

Bake in greased ring mold. When done, turn out on plate, fill center with shredded pineapple, and top off with sweetened whipped cream.

MENU 12

Salmon Loaf *Mushroom Sauce*
Potatoes au Gratin *Creamed Celery and Almonds*
Bermuda Salad
Pineapple Sponge

Salmon Loaf

2 cups salmon . . . 1 cup soft bread crumbs . . . 2 eggs
¾ cup milk . . . 1 small grated onion . . . ½ chopped green pepper
1 teaspoon salt . . . pepper . . . 1 tablespoon lemon juice
1 tablespoon each cornmeal and melted butter

Remove bones and skin from salmon flakes and drain, saving liquor for the sauce. Mix all ingredients together, mold in loaf, pack into well greased shallow mold. Bake 40 minutes at 375° F., moderate oven.

Mushroom Sauce

1 can mushrooms cut in halves . . . 3 tablespoons shortening
2 tablespoons flour . . . 1½ cups milk . . . ½ cup salmon liquor
½ diced pimiento . . . 1 chopped onion . . . salt
12 stuffed chopped olives . . . dash celery salt
Few drops Worcestershire sauce

Fry onion in shortening, add mushrooms and sear. Sprinkle flour over onion and cook few minutes. Add milk and simmer 10 minutes, gradually adding liquor from salmon, stir well. Add other ingredients. Pour over loaf when served and garnish with sliced lemon and parsley chopped fine.

Potatoes au Gratin

2 tablespoons shortening . . . 3 tablespoons flour . . . 2 cups milk
5 tablespoons grated cheese . . . salt and cayenne to taste . . . 6 cold boiled potatoes
Bread crumbs

Put the shortening in a frying pan to melt; when melted, add the flour, mix until smooth, then add the milk, and stir continually until it boils. Take from fire, add cheese, salt and cayenne. Put a layer of this sauce in the bottom of a baking dish, then a layer of the cold potatoes, sliced, and so on, having the last layer, sauce. Sprinkle bread crumbs over the top, and brown in a quick oven for 10 minutes. Serve in the dish in which it was baked. Serves 6.

Creamed Celery, Almonds

2 cups celery . . . ¼ cup shortening . . . ¼ cup flour
2 cups milk or celery stock . . . ½ cup blanched almonds . . . salt and pepper

Cook celery, cut in one inch pieces, in boiling water until tender; drain and add cream sauce made of the shortening, flour and milk. Stir into it almonds, and season with salt and pepper. The sauce may be made with half milk and half celery stock. Serves 6.

Bermuda Salad

On a bed of lettuce arrange 2 very thin slices Bermuda onion, and on the onion lay ½-inch thick slice pared orange. Continue with another slice onion and a second slice of orange. Garnish with pimola cut in slices and a sprig of watercress. Serve with French dressing.

Pineapple Sponge

1 tablespoon gelatine . . . ⅓ cup cold water . . . 3 egg yolks . . . ½ cup sugar
Grated rind 1 lemon . . . 2 tablespoons lemon juice . . . ½ teaspoon salt
⅔ cup shredded canned pineapple . . . 3 egg whites, beaten stiff
½ cup whipping cream

Soften gelatine in cold water. Beat egg yolks, add sugar and grated lemon rind, juice and salt. Cook in double boiler, stirring constantly until mixture thickens. Remove from stove and add softened gelatine and pineapple. When mixture cools and starts to thicken, fold in stiffly beaten egg whites and whipped cream. Turn into a mold first dipped in cold water and chill. Remove from mold to serving dish and garnish with whole and half slices of canned pineapple and whipped cream. Serves 6.

MENU 13

Savory Stuffed Fish *Drawn Butter Sauce*
New Jersey New Potatoes *Sauted Green Tomatoes*
Lettuce Salad
Grapefruit and Pineapple Frappe
Sun-and-Moon Cake

Savory Stuffed Fish

1 cup crumbs . . . 1 onion grated . . . 1 cup crabmeat . . . seasoning
1 egg beaten . . . cream to moisten . . . 1 tablespoon shortening

Have any baking fish liked prepared for stuffing or, preferably, buy three-pound chunk cod-butt, from shoulders. Boil as usual, but only ten minutes; lift and open carefully and remove bones. Have ready stuffing made of ingredients above cutting the shortening in last. Stuff fish, close it and lay on greased baking pan, baste with shortening and cook in oven twenty-five minutes. Serve Drawn Butter Sauce with fish. Serves 6.

Drawn Butter Sauce

¼ cup shortening . . . 2 tablespoons flour
¼ teaspoon salt . . . ⅛ teaspoon pepper . . . 1 cup boiling water

Make like a white sauce.

New Jersey New Potatoes

Scrape small new potatoes, cook till tender in boiling salted water. Drain, pour into serving dish. Pour over them 3 tablespoons melted butter, dredge with paprika, sprinkle with minced parsley and serve very hot.

Sauted Green Tomatoes

6 tablespoons fat . . . 6 tablespoons flour . . . 6 teaspoons brown sugar
1 teaspoon salt . . . 1 teaspoon pepper . . . 6 green tomatoes

Melt one tablespoon lard in frying pan. Mix flour, sugar, salt and pepper. Slice tomatoes, dip in flour mixture and saute in lard first on one side and then on other; add more lard as needed. Delicious with steak. Serves 6.

Grapefruit and Pineapple Frappe

1 grapefruit . . . Malaga grapes . . . ½ cup chopped pineapple
½ cup pineapple juice

It is desirable to have pieces of pulp as large as possible. To do this best remove grapefruit skin in quarters; discard all thick white skin. Separate carefully into sections. Cut slit in membrane covering each section. Remove membrane and seeds. Break in large pieces. Mix with an equal

quantity of Malaga grapes, halved and seeded, chopped pineapple and pineapple juice. Place in freezer and pack in ice and salt for an hour, or till partly frozen. This is good to serve with any fish dish.

Sun-and-Moon Cake

11 egg whites beaten stiff and frothy . . . 1¼ cups sugar
¾ teaspoon cream of tartar . . . pinch salt . . . 6 egg yolks
1 tablespoon cold water . . . 1 teaspoon vanilla
1¼ cups flour . . . ½ teaspoon almond extract

Add cream of tartar to beaten egg whites, and fold in the sifted sugar. Beat egg yolks thick and lemon-colored, add water and salt to them. Take out half of white mixture and fold in the egg yolks with it. Add vanilla. Fold in ½ cup flour well sifted.

To the egg white mixture left add the almond extract, and ¾ cup of flour. Place in alternate layers in a well floured angel cake pan. Bake 1 hour in slow oven.

To serve, break slices apart with two forks. Never cut a sponge or angel cake.

MENU 14

Stuffed Ham Roll
Summer Squash *New Potato Croquettes*
Carrot and Apple Salad
Mission Tea Room Cake

Stuffed Ham Roll

1 slice ham, ¼ inch thick . . . 2 cups bread crumbs
1 tablespoon parsley, minced . . . 1 cup tomato juice . . . seasoning

Moisten bread crumbs with water, spread over ham, sprinkle parsley over it, then roll up and tie. Put in a closely covered baking dish, add the tomato juice and bake 1 hour in a moderate oven (350° F.).

Summer Squash

Wash and pare squash and cut in thick slices, and boil or steam until tender. Mashed: Place cheesecloth over colander. Pour boiled squash into it and press out all water. Remove to stew pan, stir and beat, seasoning with butter, salt and pepper. Fried: Wash and pare squash; slice about one-half inch thick, sprinkle with salt and pepper and dredge with flour, and fry until nice brown, in half butter and half lard. Cook slowly, with cover over frying pan.

New Potato Croquettes

6 medium size potatoes . . . 1 tablespoon shortening
⅔ cup hot milk or cream . . . 2 egg whites, beaten . . . salt to taste

Pare, boil and mash potatoes, add shortening, milk, egg whites and salt; cool slightly and shape in form of an egg. Serve.

Filling

1 cup milk or chicken stock . . . 1 tablespoon shortening . . . 1 tablespoon flour
2 cups finely chopped chicken . . . 1 teaspoon salt . . . ½ teaspoon pepper
1 teaspoon onion juice . . . 1 teaspoon lemon juice . . . 2 eggs, well beaten

Scald chicken stock and stir into it shortening and flour, mixed together. Cook and add the chicken, salt, pepper, onion juice, lemon juice and egg yolks well beaten. Cool. Cut potato eggs in halves, crosswise, remove a portion from the center of each half, fill, place halves together and fry in deep fat. When serving, place upright on a dish and garnish with parsley.

Carrot and Apple Salad

1 cup thin apple slices . . . ½ cup mayonnaise . . . lettuce
1 cup ground raw carrots

Arrange the apple slices on the lettuce in over-lapping circles, place mayonnaise in center and sprinkle carrot over the dressing.

Mission Tea Room Cake

Cake Part

1½ cups sugar . . . ½ cup water . . . 6 eggs beaten separately
¼ teaspoon salt . . . 1 cup flour . . . ¾ teaspoon cream tartar
1 teaspoon orange extract

Boil sugar and water to thread stage. Pour the hot syrup in fine stream over stiffly beaten egg whites to which salt has been added, beating until cool. Then add egg yolks beaten thick and lemon-colored. Combine flour, after sifting, with cream of tartar, sift again together, and carefully fold it into mixture, adding flavoring. Bake in angel cake pan in slow oven 50 minutes.

Filling

Split the cake when cool and fill with the following:

Soak 1 tablespoon gelatine in 1 cup plain cream. Heat it and pour over 2 egg yolks beaten up with ½ cup sugar. Stir few minutes over slow fire, flavor with vanilla, and when cool add ½ pint whipped cream. Just before it congeals spread between and on top of the cake.

CHAPTER IV

SUNDAY MORNING BREAKFASTS

MENU 1

Oranges
Oatmeal-and-Pecan Mush
Clara's Bread Crumb Omelet
Popovers *Jelly* *Coffee*

Oatmeal-and-Pecan Mush

2 cups oatmeal . . . 4 cups water . . . 1 cup seeded raisins
½ teaspoon cinnamon . . . 1 teaspoon salt . . . 1 cup chopped pecans

Steam oatmeal and water for 4 hours in covered double boiler. Add salt, raisins and cinnamon. Steam 10 minutes longer and add pecans. Turn into buttered pan and let stand 24 hours in refrigerator. Then slice and brown in greased pan, on top of stove or in oven. Serve with the omelet.

Clara's Bread Crumb Omelet

1½ cups very fine bread crumbs . . . 1 cup warm milk
3 eggs . . . ⅛ teaspoon pepper . . . ¾ teaspoon salt

Mix bread crumbs with milk and pepper and salt, add yolks of the eggs beaten well. Fold in the well beaten egg whites. Pour into hot greased pan and cook until lower part is firm, then place pan in broiling oven and brown the top. Spread with jelly, fold over and turn out onto hot platter. Garnish with pieces of bright jelly.

Popovers

1 well beaten egg . . . ¾ cup milk . . . 1 cup flour . . . ½ teaspoon salt

Beat egg, add milk, stir in dry ingredients, beat vigorously. Pour into well greased muffin cups and bake in hot oven 425° F. about 40 minutes.

MENU 2

Grapefruit Hawaiian
Poached Eggs in Bread Baskets
Cherry or Blueberry Muffins
Coffee

Grapefruit Hawaiian

Remove center membrane from half a grapefruit, and loosen sections with a grapefruit knife. Sprinkle with powdered sugar. Fill the center with crushed pineapple. Chill overnight before serving.

Poached Eggs in Bread Baskets

These are very good looking and easily prepared. Cut rather thick slices of bread, scooping out the center with spoon or fork. Toast bread a nice golden brown on all sides. Drop carefully poached egg into the cavity. Serve with bacon strips, garnish with watercress.

Poached Eggs

For best results, eggs should be fresh and cold. Pour a quart of water, 1 teaspoon salt and 1 teaspoon vinegar in a shallow frying pan, and arrange in it as many muffin rings as eggs to be cooked. Set the pan where water will bubble at one side of pan only. Break eggs one at a time into a saucer and slide them into the rings. Be sure the water is boiling and covers the eggs. Cook with cover on pan until the white is set over the yolks, then pour off most of the water. Lift the eggs one at a time with a pancake turner, and slide them into the bread baskets. Eggs may also be poached in milk, in meat stock, and in gravy, any of which may be poured over the eggs and served with them.

Cherry or Blueberry Muffins

¼ cup shortening . . . ¼ cup sugar . . . 1 egg . . . 1 cup milk
2 cups flour . . . 4 teaspoons baking powder . . . ½ teaspoon salt
1 cup drained cherries

Mix ingredients as for cake. Beat thoroughly. Add the cherries last. Bake in greased muffin tins, or in paper baking cups set into the muffin pans, in hot oven (425°) about 25 minutes. (If blueberries are used, use ½ cup flour extra.)

MENU 3

Apple Surprise
Egg-in-a-Bacon-Cup
Toasted English Muffins *Marmalade*
Coffee

Apple Surprise

1 cup sugar . . . 1 cup water . . . juice 1 lemon
6 firm apples . . . 2 bananas . . . ½ cup grated pineapple
Whipped cream

Make syrup of sugar, water and lemon juice. Peel the apples and remove good-sized core space. Cook the apples in the syrup slowly, pan covered. Baste often and turn apples once. Mash the bananas, mixing with grated pineapple. Fill centers of apples with this mixture. Serve very cold with the syrup and whipped cream.

Egg-in-a-Bacon-Cup

Line muffin pans with several strips of bacon, drop an egg into each, and bake in hot oven until bacon is brown and egg set.

Toasted English Muffins

1 yeast cake . . . 1 cup scalded and cooled milk . . . 1 cup lukewarm water
2 tablespoons sugar . . . 4 tablespoons shortening
6 cups sifted flour . . . 1 teaspoon salt

Dissolve yeast and sugar in the lukewarm liquid, add melted shortening and 3 cups of the flour. Beat until smooth, add rest of flour and salt. Knead until smooth and elastic. Place in well greased bowl, cover and set in warm place to rise.

When double in bulk (about 2 hours), form with hands into 12 large, round biscuits. Cover and set aside in a greased pan for about 1½ hours. Then, with rolling pin, roll to about ¼ inch thickness, keeping them round. Have ungreased griddle ready, hot, and bake each one 10 minutes. Turn, browning on both sides. As they begin to brown, move them to cooler part of griddle, so that they will bake slowly. Makes 2 dozen.

These may be made the day before you intend to split and toast them. They are toasted under broiler, and immediately spread with butter before serving. The usual accompaniment is orange marmalade.

MENU 4

Sunshine Baked Apples
Waffles *Breakfast Sausage*
Coffee

Sunshine Baked Apples

8 baking apples . . . 1 glass orange marmalade . . . 1 cup water
8 marshmallows

Core and pare apples, place them in shallow baking dish. Fill cavities very full with orange marmalade and add the water to the pan. Bake in hot 400° oven until apples are tender. Top each apple with a marshmallow and leave in oven until melted and golden brown.

Breakfast Sausage

Prick sausages with fork, put into frying pan with little shortening and carefully brown the sausage a little. Turn to prevent burning. Pour in enough boiling water to cover the bottom of pan half an inch deep, reduce heat, cover frying pan, and cook the sausage slowly for 10 minutes. Then remove cover, increase heat to finish browning. Pour the rich pan gravy over the sausage when served.

Waffles

2 eggs, separated . . . 2 tablespoons sugar . . . 1 teaspoon salt
2 tablespoons melted butter . . . 2 cups flour . . . 2 cups milk
3 teaspoons baking powder

Beat egg yolks and sugar together, add salt, melted butter, milk and flour. Fold in stiffly beaten egg whites last of all with the baking powder. Bake on hot waffle irons.

Waffle Variations

Banana Waffles—Add 1½ cups chopped bananas.

Blueberry Waffles—Add 1 cup blueberries.

Chocolate Waffles—Add 2 squares melted chocolate, and ¼ cup sugar.

Peanut Butter Waffles—Add ⅓ cup peanut butter with the sugar and shortening.

Rice Waffles—Add ⅔ cup cold cooked rice and ¼ cup milk.

Hominy Waffles—Add 1½ cups cooked hominy and ¼ cup milk.

Date Waffles—Add 1 cup chopped and stoned dates and ¼ cup milk.

Cornflake Waffles—Add 1½ cups cornflakes.

MENU 5

Baked Rhubarb
The Best Cornbread I Know
Savory Omelet *Coffee*

Baked Rhubarb

Place 1 lb. rhubarb cut in short lengths without peeling in a covered baking dish. Add 1 cup sugar and ¼ cup water. Cover and bake in moderate (375°) oven until tender. To give variety, occasionally add a little orange or lemon peel, or a bit of ginger root or preserved ginger.

A few raisins, or prunes, or chopped dates, or figs cut in small pieces are most pleasing.

The Best Cornbread I Know

1 cup flour . . . 3 teaspoons baking powder . . . ½ teaspoon salt . . . 1 cup cornmeal
1 tablespoon sugar . . . 1 well beaten egg . . . 1 cup milk . . . ½ lb. bacon, cut fine

Sift dry ingredients. Beat egg, add milk and combine with dry ingredients. Sprinkle the bacon over the top, after pouring batter in thin layer in greased pan. Bake about 15 minutes in hot oven.

Savory Omelet

1 dozen eggs . . . 4 tablespoons gravy . . . 2 sprigs parsley . . . 4 minced chives
¼ lemon . . . ¼ cup shortening . . . 1 teaspoon salt . . . pepper

Break eggs into bowl, add seasonings and gravy, beat with fork few strokes. Melt shortening in hot frying pan, pour egg mixture into it, sprinkle with the minced chives and parsley, cook slowly till bottom is browned. Fold over in center onto hot platter. Squeeze the juice from the lemon over it and serve. Serves 8.

MENU 6

Cape Cod Porridge
Goldenrod Eggs *Pecan Muffins*
Jelly or Jam
Coffee

Cape Cod Porridge

1 cup raisins . . . 1 qt. milk . . . 1 teaspoon sugar
¼ teaspoon nutmeg . . . 1 tablespoon flour . . . salt

Boil raisins till tender. Heat milk and add to raisins without draining them. Add sugar, nutmeg and salt. Barely bring to a scalding point, but do not boil. Pour a generous portion of this over any cooked cereal and serve very hot.

Goldenrod Eggs

Make a rich white sauce. Into it place the whites of hard cooked eggs, season well with salt and pepper. Place portion on a toast point. Press the hard cooked egg yolks through a sieve and decorate the sauce with them.

Pecan Muffins

⅓ cup butter . . . ¼ cup sugar . . . 1 egg . . . ¾ cup milk . . . 2 cups sifted flour
4 teaspoons baking powder . . . ¾ cup pecan meats broken up

Mix as for cake. Stir in nutmeats last. Pour batter into hot greased muffin pan and bake in moderate oven (375°) for 20 to 25 minutes.

ADDITIONAL BREAKFAST BREADS

Virginia Spoon Cornbread

3 well beaten eggs . . . 3 pints milk . . . 2 tablespoons melted fat
1 cup white cornmeal . . . 1½ teaspoons baking powder . . . 1 teaspoon salt

Break eggs in bowl, beat 1 minute. Add milk and shortening, then cornmeal, baking powder and salt. Bake in deep pan about 35 minutes in moderate (375°) oven. Punch hole in center before taking from oven to see if done. Serve from the baking pan with plenty of butter. Raisins or nut meats may be added for variety.

Breakfast Buns

2 yeast cakes . . . ¼ cup lukewarm water . . . ⅔ cup sugar
2 cups scalded and cooled milk . . . 7½ cups sifted flour . . . ½ cup shortening
2 eggs . . . 1 teaspoon salt

Dissolve yeast in lukewarm water, adding 2 tablespoons of the sugar. Now add the cooled milk, with 4 cups of flour to make the sponge. Beat 10 minutes, cover, let rise in warm place 1 hour. Add shortening, unbeaten eggs one at a time and beating after each addition. Add rest of sugar and flour to which salt has been added. Let rise till double in bulk. Shape with hands to medium-sized buns. Place in well greased pan, let rise ¾ hour, and glaze with egg and water mixture. Bake in hot oven (450°). Makes 2 dozen.

Currant Buns

1 cake yeast . . . 2 cups scalded and cooled milk . . . 1 egg . . . 1 tablespoon sugar
6 cups sifted flour . . . 1 cup sugar . . . ½ cup shortening
1 cup currants . . . 1 teaspoon salt

Prepare in usual manner for buns. For last rising in bulk, let stand in warm place 2½ hours. When well risen, turn out on board and mold into rolls. Place in greased pans, cover and let rise again till double in bulk. Brush with diluted egg, bake in hot oven (425°) about 15 minutes. Upon removing from oven, dip in powdered sugar. Makes 3 dozen rolls.

Sweet French Buns

1 cake yeast . . . 1 cup scalded and cooled milk . . . 1 egg . . . 1 tablespoon sugar
4 cups flour . . . ¼ cup sugar . . . 3 tablespoons shortening
½ teaspoon lemon extract . . . 1 teaspoon salt

Dissolve yeast in milk, add flour to make ordinary sponge. Beat till

smooth. Cover and set aside in warm place to rise for 50 minutes. Add sugar, shortening, beaten egg, extract, about 2½ cups flour, or enough to make a moderately light dough, and salt with flour. Knead till smooth and elastic. Place in greased bowl, cover and set aside to rise in warm place till double in bulk. Takes about an hour. Turn out on board and shape as cloverleaf rolls by forming three small portions into balls and fitting them into muffin pan. Let rise till light, about an hour, then bake in hot oven (425°) for 15 minutes. Makes 2 dozen rolls.

Lancashire Tea Cakes

5½ cups flour . . . 2 tablespoons sugar . . . 2 oz. candied lemon
Dash grated nutmeg . . . ½ lb. currants . . . ½ cup shortening . . . 2 cups milk
2 beaten eggs . . . 1 yeast cake in ¼ cup water . . . 1 teaspoon salt

Combine sugar, candied lemon, nutmeg and currants with flour; melt shortening in the milk, which must be scalded and cooled; mix it with well beaten eggs and yeast. Add dry ingredients, beating all together well, and set away to rise. When light, put in small cake pans to rise till double in bulk. Bake in moderately hot oven (400°) about 20 minutes. These are delicious fresh, or equally good split and toasted the second day.

Raised Bun Variations

Floradora Buns—

To sweet bun dough add ⅕ as much grated cocoanut, 1/20 as much orange peel and citron peel. Mold in fingers, set in pans so they touch each other. Wash, sprinkle with shredded almonds. When baked frost with vanilla water icing.

Opera Buns—

Use rich, sweet bun dough. Mold in finger shapes. Lay dough-fingers in chopped peanuts. Let rise last time, bake. Frost when baked.

Jam Buns—

To sweet dough add butter, sugar and egg, currants and orange peel. Place a biscuit or a weight in center of bun and bake. Remove weight, glaze with sugar and water frosting, fill center hole with jam. Make in square shape and place close together on baking pan.

French Tea Roll—

Roll sweet dough ½ inch thick, cut it in strips 8 inches long, ½ inch wide. Twist from right to left, double up in rope fashion, set on pans to rise, wash with milk, and bake. Frost after baked.

Hot Cross Buns—

Add currants to sweet dough, mold in rounds, and when well risen cut across both ways with sharp knife. Let rise again, bake in hot oven, frost with water icing.

Sweet Potato Raised Buns

Boil 1 large sweet potato, mash till very smooth. Cool. Add ½ teaspoon salt, 2 tablespoons sugar, little grated lemon rind and ½ compressed yeast cake mixed with little lukewarm water.

Stir in ½ cup flour and beat till smooth. Then gradually add enough more flour to make stiff dough. Knead well, set aside till double in bulk (about 1½ hours).

Then break off small pieces of the dough, shape into buns 1½ inches in diameter. Place close together in a well greased baking pan, let rise again half to three-quarters of an hour, and bake in hot oven (400°) for 25 minutes.

Almond Paste Rolls

¼ cup almond paste worked into 1 cup boiled water, which has been cooled to lukewarm. Add 2 tablespoons butter, 1 tablespoon of sugar, ½ teaspoon salt, 1 cake compressed yeast dissolved in ¼ cup lukewarm water. Now add three or four cups flour, mix together thoroughly, knead to smooth dough. Keep the dough as soft as it can be handled, to have texture of buns right. Let stand till double in bulk, shape into oval rolls, let rise again till light. Brush tops with milk, bake in hot oven.

Potato Splits

Bake 2 large potatoes, when done mash them and mix with 1 cup shortening, 1 teaspoon salt, 1 tablespoon sugar while hot. Cool to lukewarm, then add 2 beaten eggs, 1 cup warm milk, 1 cake yeast, 1 quart flour. Let rise till double in bulk. When light add 1 pint flour, let rise again.

Now roll out quite thin, spread with butter, cut out in long shapes (lady fingers are nice) and put one on top of other. Let rise again till very light, bake in hot oven 400°.

Vienna Roll Mixture

1 yeast cake . . . ½ cup lukewarm water . . . 2 cups scalded milk . . . 6 cups flour
1 egg . . . ¼ cup melted shortening . . . 1 teaspoon salt . . . 2 tablespoons sugar

When the milk is lukewarm add the yeast cake, dissolved in ½ cup lukewarm water, and 3 cups of flour; beat the mixture from 5 to 10 minutes, until very smooth and light. Cover; set aside in a temperature of 84° F. When light and puffy add the egg well beaten, melted shortening, salt and sugar, and work in slowly three cups flour. Turn onto molding board, using remainder of flour as needed, and knead for 15 to 20 minutes, or until the dough ceases to stick and is smooth and elastic to touch. Cover and set aside until double in bulk.

French Twists

When the Vienna Roll mixture is light, turn the dough onto the

molding board, roll it out into a rectangular sheet less than ¼ inch thick and cut this into strips 7 inches wide; cut the strips into squares, and the squares diagonally into halves. This will form pieces the shape of a triangle. Roll from the side opposite the point of the triangle so the point comes below, and bring the ends of the roll together, shaping like a horse shoe. Place on greased baking sheet, some distance apart. Let stand until light. Bake in a hot oven 15 minutes; glaze with white of egg.

Sugar Pretzels

½ yeast cake . . . 2 tablespoons lukewarm water . . . 1 cup thick cream
3 eggs . . . ½ cup sugar . . . 3 cups flour . . . ¼ teaspoon salt

Dissolve yeast cake in lukewarm water, heat cream, add eggs and sugar and beat thoroughly. When lukewarm, add dissolved yeast cake, then half the flour, mixing well. Cover and set in a warm place until light—about 1 hour. Work in rest of flour and salt and let rise again till it doubles its bulk. Work into long strips, and form into pretzels, sugaring the tops. Place on a well greased sheet, let stand ten minutes, then bake in a moderate oven till brown, about 15 minutes.

French Savarins

1 cake yeast . . . ½ cup milk, scalded and cooled . . . 2 tablespoons sugar
2 cups sifted flour . . . ¾ cup almonds, blanched and shredded
½ cup shortening, melted . . . 4 eggs . . . ¼ teaspoon salt

Dissolve yeast and sugar in lukewarm milk. Add ½ cup flour. Beat well. Cover and set aside in warm place, free from draught, for 15 minutes. Then add rest of flour, almonds, shortening, eggs unbeaten, one at a time, and the salt. Beat ten minutes. Pour into small well-buttered molds, cover and set aside to rise in warm place free from draught, until double in bulk, about 45 minutes. Bake 15 minutes in moderate oven. Fill center with whipped cream and serve with a hot fruit sauce. Makes 12.

Brioche

1 cake yeast . . . ½ cup milk, scalded and cooled . . . 2 tablespoons sugar
4 cups sifted flour . . . 1 cup shortening . . . 4 eggs, well beaten
1 teaspoon salt . . . 4 eggs, unbeaten

Dissolve yeast and 1 tablespoon sugar in lukewarm milk, add 1 cup flour to make sponge. Beat well. Cover and set to rise in warm place until light, about three-fourths hour. To remainder of flour add 1 tablespoon sugar, softened shortening, 4 eggs and salt. Beat all in well. Add sponge and beat again thoroughly, then other 4 eggs unbeaten 1 at a time, beating thoroughly. Cover and let rise until light—about 4 hours—and beat again. Chill in refrigerator over night. In morning shape by rolling under hand into long strips ¾ inch thick, bring ends together and

twist like a rope. Form into rings, place on well-greased pans to rise. When double in size, glaze with white of egg diluted with water. Bake in a moderately hot oven 15 minutes. Ice while hot, with plain frosting. Spread with thinly sliced, blanched almonds. Makes 1 dozen, small.

Old-Fashioned Cinnamon Cake

1 cake yeast . . . ½ cup milk, scalded and cooled . . . 1 tablespoon sugar
2 cups sifted flour . . . ½ cup light brown sugar . . . 2 tablespoons shortening
1 egg . . . ½ teaspoon salt

Dissolve yeast and 1 tablespoon sugar in the lukewarm milk. Add ¾ cup flour to make sponge. Beat well, cover and let rise 45 minutes in a moderately warm place. Add shortening and sugar creamed, egg well beaten, about 1¼ cups flour, or sufficient to make a soft dough, and the salt. Knead lightly, place in a greased bowl. Cover and let rise in a warm place about 2 hours, or until double in bulk. Roll ½ inch thick and place in well-greased pan and let rise until light—about 1½ hours. Cut across top with sharp knife, brush with egg, sprinkle liberally with sugar and cinnamon. Bake 20 minutes in a moderately hot oven.

Crumpets

1 teaspoon sugar . . . 1 teaspoon salt . . . 3 tablespoons melted shortening
2 cups scalded milk . . . ½ cake yeast . . . 3 cups flour

Put in mixing bowl sugar, salt and shortening; add scalded milk. When lukewarm add the yeast cake. When yeast is thoroughly dissolved add the flour slowly, beating constantly. Let the sponge stand in a warm place from 2 to 4 hours—or until light. Bake in greased muffin rings on a hot griddle, or in a patty pan in the oven. In either case fill pans only one-half full.

Salad Rolls

1 cup milk . . . ½ cake yeast . . . 3 cups sifted flour . . . 1 egg white, beaten
1 tablespoon sugar . . . 1 teaspoon salt . . . ¼ cup melted shortening

Scald the milk; when lukewarm add the yeast dissolved in ¼ cup lukewarm water, and half the flour. Stir and beat the mixture until very smooth; cover and let stand at temperature of 84° F., until light; add the beaten egg white, sugar, salt and melted shortening; work in slowly the balance of flour; turn the dough onto a molding board, knead until smooth and elastic to the touch. Cover and let rise to double the bulk. Pull off bits of dough; fold and knead them into balls. As they are shaped, set them on a board lightly dredged with flour, cover closely and let rise. With handle of wooden spoon bring down nearly through center of each ball, as though to divide it. Brush with melted shortening, cleft sides and press roll together. Place rolls on greased pan, brush outside of each roll

with shortening and let rise. Bake for 20 minutes in a hot oven. When nearly baked, glaze with white of egg.

Tea Biscuits with Potato

¼ cup hot riced potato . . . ¼ cup shortening . . . 1 teaspoon sugar
1 teaspoon salt . . . ½ cake yeast . . . 1 cup scalded milk . . . 4 cups flour
1 egg white, slightly beaten

Beat together potato, shortening, sugar and salt. When the milk is lukewarm, add the yeast cake dissolved in ½ cup water. When the yeast is dissolved combine with potato mixture. Add part of the flour slowly, beating constantly, then the white of egg, then more flour, until stiff enough to knead. Knead until smooth, return to mixing bowl and let rise; cut the sponge down, let rise the second time, shape into small biscuits; let rise to double the bulk. Bake in a quick oven 15 minutes. These are excellent to use for croustades. If set at 10 A. M. it will be ready to shape and bake for tea.

Raised Coffee Cake

To 1 quart lukewarm milk add 1 yeast cake, flour enough to make stiff sponge, knead till batter shows large bubbles. Mix in evening; next morning, knead again. Fill pans half full, let rise till bulk doubles, glaze tops with melted shortening and sprinkle with sugar and cinnamon or chopped blanched almonds. Bake in moderate 375° oven about 25 minutes.

Raised Doughnuts

2 cakes yeast . . . ½ cup sugar . . . 1 pint scalded and cooled milk . . . flour
½ cup shortening . . . 3 beaten eggs . . . 2 teaspoons salt . . . pitted prunes

Dissolve yeast in milk, let stand 10 minutes. Add 2 cups flour, beat well, add melted shortening and beat again. Then add lightly beaten eggs and salt. Now mix in enough flour to enable you to roll dough. Let stand till double in bulk, roll on board till ½ inch thick, cut with cutter, place a prune in the middle of each. Moisten edges with water, place two molds together, let stand until light. Fry in hot deep fat.

Old-Fashioned Buckwheat Cakes

½ yeast cake . . . ¼ cup warm water . . . ½ cup cornmeal . . . ½ teaspoon salt
2 cups boiling water . . . ½ cup flour . . . 1 cup buckwheat
½ cup milk . . . ¼ teaspoon baking soda

Dissolve yeast in warm water. Scald the cornmeal and salt with the boiling water. Beat well, and when cool add the flour, buckwheat and dissolved yeast. Let stand over night. In morning, pour off discolored water on top of batter, and dilute batter with the milk and baking soda. Grease griddle lightly, bake small cakes quickly. Beat the batter and add

more milk and baking soda if needed. A tablespoon of molasses is good with the batter. The griddle must be well greased for these cakes, and it is a good idea to save cup of batter for the next day's batch.

Honeymoon Coffee Cake

½ cup sugar . . . ¼ cup margarine . . . 1 egg . . . ½ cup milk . . . 1½ cups flour
2½ teaspoons baking powder . . . ½ teaspoon vanilla . . . pinch salt

Combine as for cake. Place in greased pie pans. Sprinkle over top of dough a mixture of melted margarine, sugar and cinnamon. Bake 15 minutes in hot oven 400°. Cut in triangular pieces, like pie, and serve hot with butter for breakfast or supper.

Muffins with Variations

¼ cup margarine . . . 1 egg . . . ¼ cup sugar . . . 1 cup milk . . . 2 cups flour
½ teaspoon salt . . . 4 teaspoons baking powder

Mix as for cake. Bake in a greased muffin pan 25 minutes in hot (400°) oven.

Variations

Bran Muffins—Substitute 1 cup bran for 1 cup of the flour.

Whole Wheat Date Muffins—Use whole wheat flour instead of the white flour, and add ¾ cup chopped dates.

Bacon Muffins—Fry ¼ lb. bacon cut in small pieces, and fold into muffin batter just before baking.

Hot Marmalade Biscuits

2 cups flour . . . ¾ teaspoon salt . . . 1¼ tablespoons baking powder
2 tablespoons shortening . . . ⅔ to 1 cup milk . . . ½ glass orange marmalade
1 tablespoon butter

Mix as for biscuits, except marmalade and the batter. Roll lightly on floured board, cut into rounds with small biscuit cutter, dough ¼ inch thick. Make a depression in half of the rounds and fill with little of the marmalade. Moisten dough around edges, cover with rest of the plain rounds of dough. Brush the tops with the melted butter, bake in hot oven 15 minutes. Serve hot without butter.

Old-Fashioned "Beaten Biscuit"

Sift 1 quart flour into bowl, add ½ teaspoon salt, then cut in ¾ cup very cold lard. Wet with ice water enough to make very stiff dough. Lay on floured board, and give the dough 100 strokes with a rolling pin. Fold over again each time the dough beats thin, dredge with flour if it sticks.

Roll ½ inch thick, cut out with small round cutter, prick lightly all over

top with fork, bake in slow moderate oven to a delicate brown tint. An oven about 350° is about right, since a cold oven will make the biscuit hard, and a hot one will scorch and blister the biscuit.

Sweet Potato Supper Biscuits

1 cup boiled, mashed sweet potatoes . . . ½ cup butter . . . 1 tablespoon sugar
1 teaspoon salt . . . ⅔ cup buttermilk . . . ¼ teaspoon baking soda
Flour to make stiff dough

Mix all ingredients except flour to smooth batter, then work in the sifted flour with fingers till dough is stiff and smooth. Roll out ½ inch thick, cut out, bake in hot oven 400° until done. Serve with apple sauce or stewed fruit.

Blueberry Tea Cakes

4 cups flour . . . 1 teaspoon salt . . . 6 teaspoons baking powder . . . 1 cup sugar
1½ cups milk . . . ⅓ cup melted shortening . . . 2 eggs . . . 2 cups blueberries

Mix and sift the dry ingredients, add milk slowly, melted shortening and eggs well beaten. Beat all together thoroughly, dredge blueberries with flour and fold into the batter. Fill greased gem pans three-quarters full and bake in a moderate oven for 30 minutes. Serve with stewed berries. Yield 2 dozen.

Butterscotch Rolls

Line a layer cake pan with a paste made by creaming 1 cup brown sugar and ½ cup of shortening. Roll baking powder biscuit dough to ¼ inch thickness. Sprinkle the following on top: 1 cup sugar, 1 teaspoon cinnamon, ½ cup raisins and ½ cup nuts. Roll and cut in ½ inch pieces. Place in pan with cut side down. Be sure to only half fill pan so syrup does not overflow. Bake in hot oven until done, about 20 minutes.

Scotch Scones

⅓ cup shortening . . . 1 cup mashed potato . . . 1½ cups flour
2 teaspoons baking powder . . . ½ teaspoon salt . . . 1 egg, beaten

Add one-half of shortening to warm mashed potato. Sift dry ingredients together and add remaining shortening. Add potato mixture with beaten egg so as to make a soft dough; add a little milk if necessary. Roll out lightly about 1 inch, cut in small biscuits and bake in a hot oven 375° F., for 20 minutes. Currants may be added before mixing with egg. Yield 1 dozen.

Cinnamon Rolls

1 recipe Baking Powder Biscuits . . . ⅓ cup seeded raisins (finely chopped)
2 tablespoons citron . . . ⅓ teaspoon cinnamon

Roll baking powder biscuit dough to ¼ inch thickness. Brush over with

melted shortening, and sprinkle with fruit, sugar and cinnamon. Roll like a jelly roll; cut off pieces ¾ inch in thickness, place on a greased pan, and bake in a hot oven 15 minutes.

Orange Coffee Cake

2 cups flour . . . 3 teaspoons baking powder . . . 1 teaspoon salt
2 tablespoons sugar . . . 3 tablespoons shortening . . . 1 egg . . . ¾ cup milk
2 tablespoons orange juice . . . ½ teaspoon grated orange rind . . . 6 tablespoons sugar

Mix and sift dry ingredients, cut in shortening and add the beaten egg and milk. Mix well, spread in shallow pan and cover top with orange juice, grated rind and sugar mixed together. Bake in a hot oven (425° F.) for 20 minutes. Serves 6.

Ring Rolls

2 cups flour . . . 4 teaspoons baking powder . . . 1 teaspoon salt
1 tablespoon sugar . . . 3 tablespoons shortening . . . 1 egg yolk . . . ⅔ cup milk

Mix and sift dry ingredients. Cut in shortening, add egg yolk beaten with milk. Mix well. Roll ¼ inch in thickness, spread with the following filling. Cut in 2 inch strips, double over, twist into rings with cut edges uppermost. Bake in hot oven 15 minutes until brown.

Cream Filling

2 tablespoons butter . . . 5 tablespoons sugar
½ teaspoon salt . . . ½ egg white . . . 4 tablespoons pecans, chopped

Cream butter and sugar, add pecans, then stiffly beaten egg white and salt. Beat well before spreading.

CEREALS

All grain products are cereals, properly speaking, and have a high dietary value. They are rich in starch, which furnishes energy for the body; in protein, which rebuilds broken down cell structure and makes for growth; and in cellulose in large quantities, which is useful as roughage. Certain of the cereals which have been finely milled have lost, in that process, some of their full food value. Care should be taken to choose those which contain full food value.

Cereals should be purchased in small amounts and kept in closely covered containers. These will assist in keeping away the insects common to such foods.

Although the term—cereal—covers all grains in any form used for food by man, it has come to mean, commonly, those cereals served for breakfast. All of these raw cereals call for similar methods of cooking—they

should be poured slowly into rapidly boiling water, stirred continuously and cooked for 5 minutes. They may then be cooked in a double boiler, in a fireless cooker or baked in the oven for the required length of time for each type of cereal. Cereals may be cooked in milk to increase their food value. They should be started in half the quantity of boiling water called for in the recipe, and then the remaining quantity of hot milk added, and cooked over boiling water.

The very coarse cereals, such as cracked wheat or oats, Irish or Scotch oatmeal, are improved if they stand overnight in cold water. In the morning salt should be added and the cereal cooked over direct heat, stirring constantly for 15 minutes. They should then be steamed in a double boiler from four to eight hours.

Packaged cereals on the market are, many of them, partially cooked in production, so do not call for as long a cooking period. The recipes printed on the packages, however, do not give sufficient cooking time to bring out the flavor of the cereal. A little more time should be allowed. There are many completely cooked cereals on the market which do not require any preparation for serving. They may be heated up before serving, if desired, and if they have become stale, heating in the oven brings back their necessary fresh, crisp character.

The Italian pastes, macaroni, spaghetti, noodles, etc., form other types of cereals in wide use throughout the country. These are made of wheat flour combined with water and dried in various shapes. They should be dropped slowly into rapidly boiling, salted water, so as not to stop the boiling, and cooked uncovered for at least 10 minutes, or until tender. The cooking time depends entirely on the age of the paste. The pastes are seldom used alone—usually a highly seasoned sauce is served with them.

CHAPTER V

SUNDAY NIGHT SUPPERS

One of the most important traditional meals in our country's history is the Sunday night supper. Each section of the United States seems to have its own particular menu, which is often served Sunday after Sunday, to guests as they drop in to visit.

The old-fashioned menus were planned about a particular dish, such as hot biscuits and honey, or hot gingerbread and apple sauce, or cold sliced meats with creamed potatoes. Memory recalls several varieties of layer cakes, instead of just one kind as served today. Cold berry pies, raspberry, blackberry, blueberry, and such crusts! Flaky, crisp, good to the very last crumb!

Hot johnny cake with plenty of freshly churned butter—even great piles of flannel or buckwheat cakes served with sausage and syrup—graced the Sunday night supper table of olden days.

Today, with our electric toasters, waffle irons, coffee percolators and grills, we may serve delectable *hot* Sunday night suppers cooked right at the table. Or, if we choose, we may eliminate the Sunday dinner entirely, and entertain our guests Sunday night with a more elaborate supper. Here are menus to suit every taste and requirement.

MENU 1

Golden Gate Gumbo
Boiled Rice *Hot Biscuits*
Banana Refrigerator Cake

Golden Gate Gumbo

1 3½-lb. stewing chicken . . . 1 lb. sliced ham . . . 1 onion
1 tablespoon shortening . . . 1 tablespoon chopped parsley
1 qt. freshly sliced and cooked okra (2 cans)
2 cans No. 2½-size tomatoes . . . 3 qts. hot water . . . seasoning . . . boiled rice

Wash and cut up the dressed chicken, cut ham in small squares, brown both in hot frying pan in the shortening. Place in soup kettle or stewing pan, cover and simmer 10 minutes, then add onion and parsley, both

chopped, and brown them. Fry the okra in hot fat separately, seasoning well.

To chicken mixture add okra, tomatoes and the water, simmer until tender, about 2 hours. Season while cooking. Serve hot with boiled rice.

Banana Refrigerator Cake

2 cups milk . . . 3 eggs . . . 3 tablespoons flour . . . ¾ cup sugar
1 tablespoon butter . . . pinch salt . . . 4 good sized bananas
1 dozen graham crackers, large size

Scald milk in double boiler. Beat eggs, add flour, sugar and salt, pour the egg mixture over this, stirring well. Cook in double boiler till smooth and thick. Flavor if desired, and cool. In spring-form cake pan or other large pan place layer graham cracker crumbs, then layer sliced bananas, then one of the cooled custard. Repeat till used. Set in refrigerator 6 hours to chill. Serve with whipped cream.

MENU 2

Orange Waffles *Marmalade*
Coffee or Tea

Orange Waffles

3 cups flour . . . 3 teaspoons baking powder . . . 2 cups milk . . . 1 teaspoon salt
2 tablespoons sugar . . . 3 egg yolks . . . 3 tablespoons grated orange rind
¼ cup melted butter . . . 3 egg whites

Sift dry ingredients, add orange rind, milk, beaten egg yolks, melted butter, then fold in beaten egg whites. Bake in waffle iron at table if electric iron is available. Serve with syrup or orange marmalade.

Waffles should be eaten as soon as made, the hotter the better.

MENU 3

Ham and Mushrooms, Croustade
Gingerbread *Apple Sauce*
Hot Chocolate or Coffee

Ham and Mushrooms, Croustade

1½ cups medium thick white sauce . . . 1½ cups diced cooked ham
1 tablespoon chopped ripe olives . . . 1 tablespoon pimiento
1½ cups small button mushrooms, cooked . . . seasoning

Make the white sauce first, then add all ingredients to it in order. Serve

in fancy-cut croustades, garnish with chopped parsley and sieved hard-cooked egg yolks.

Croustades are made by cutting thick slices of bread, about 2 inches, removing soft center and toasting on all sides. These may be buttered before pouring the ham and mushrooms into them.

Supper Gingerbread

¾ cup shortening . . . 1 cup brown sugar . . . 1 cup molasses
3 beaten eggs . . . 1 cup sour milk . . . 2 teaspoons baking soda
4 cups flour . . . 2 teaspoons ginger . . . ½ teaspoon salt

Mix as for cake. Bake in loaf or square cake pan, well greased, in moderate oven (350°) about 35 minutes. Serve warm. Makes large cake, or two smaller ones.

MENU 4

Louisiana Shrimps
Hot Buttered Toast
Coffee

Louisiana Shrimps

Brown a small onion, chopped fine, in 2 tablespoons margarine till soft. Place in double boiler with drained and shredded cooked shrimps (remove black vein from each). When heated, add ⅔ cup cream, ⅔ cup hot boiled rice and seasonings. Cook in double boiler half hour, then add 3 tablespoons strained tomato puree. Serve on buttered toast, cut in strips or fancy shapes.

MENU 5

Ham a la King
Ginger Muffins
Wild Rose Bavarian
Coffee or Tea

Ham a la King

4 tablespoons each flour and shortening . . . 1 teaspoon salt . . . ¼ teaspoon pepper
2 cups scalded milk . . . 1 cup cooked diced mushrooms . . . 1 diced pimiento
1 green pepper . . . 1¼ cups diced boiled ham

Make white sauce of flour, shortening, salt, pepper and scalded milk, stirring to keep sauce smooth. Add other ingredients and serve on toast or in patty shells.

Ginger Muffins

2 cups flour . . . 4 teaspoons baking powder . . . 1 egg, beaten . . . ¼ teaspoon soda
½ teaspoon each ginger and salt . . . ½ cup each molasses and milk
4 tablespoons melted butter . . . ⅔ cup grated cheese

Sift dry ingredients. Add egg to milk and molasses. Combine two mixtures, stirring constantly. When smooth, add melted butter and fold in cheese. Half fill greased muffin pans, bake in moderate (350°) oven 15 to 20 minutes.

Wild Rose Bavarian

1 pint ripe red raspberries . . . 1 pint ripe currants . . . 1 cup water . . . ¾ cup sugar
2 tablespoons cornstarch . . . 2 egg whites, beaten stiff . . . ½ cup cream, whipped

Add water to fruit, boil till tender. Press through sieve, add sugar and bring to boil again. Smooth the cornstarch in little cold water, add to boiling mixture and cook in double boiler till thickened. Cool and fold in egg whites. When cold, fold in whipped cream, chill in electric refrigerator for 2 hours. Serve with little whipped cream and whole berries in each glass.

CHAPTER VI

PLANKED DINNERS AND GRILLS

MENU 1

Planked Shad or White Fish
Baked Noodles, Spinach and Cheese
Carrot Salad

Planked Shad

Shad are in season from January to June. Jack shad are usually cheaper than roe shad. Clean and split three-pound shad, place skin down on heated oak plank one inch thick, sprinkle with salt and pepper, and brush over with butter. Bake twenty-five to thirty minutes in hot oven or in gas stove under broiling flame. Garnish with parsley and lemon. Serves 6.

Baked Noodles, Spinach and Cheese

2 cups noodles cooked in salted boiling water . . . ½ lb. grated cheese
2 cups cooked spinach . . . 1 cup milk . . . 3 tablespoons shortening
1 tablespoon flour . . . ¼ teaspoon salt . . . pepper . . . paprika

Place noodles in greased mold. Cover with half the grated cheese, then place spinach over it. Making sauce of the milk, flour and shortening, pour it over the spinach. Sprinkle with rest of grated cheese, bake in hot oven 450° for 25 minutes.

Carrot Salad

1 cup grated raw carrots . . . 1 cup grapes, halved and seeded . . . ½ cup diced celery
¼ cup chopped nut meats (salted peanuts)

Mix together and fill a small cup to turn out as a mold. Mold onto lettuce leaf, garnish with mayonnaise.

MENU 2

Trout Baked-in-Paper with Cheese
Ritz-Carlton Tomatoes
Cherry-Nut Topsy-Turvy Cake

Trout Baked-in-Paper with Cheese

Clean and wash trout, and stuff with following ingredients well mixed:

1½ cups bread crumbs . . . ½ cup cooked mushrooms, finely chopped
1 egg, slightly beaten . . . 2 tablespoons American cheese . . . salt and pepper
Moisten with mushroom juice

Roll in a dish of American Cheese. Put fish in wax paper. Double paper all around. Put on greased baking sheet. Put in hot oven to bake for 15 minutes. Lift onto warm dish. Garnish with parsley and lemon. Serve with Hollandaise Sauce. Allow ¾ lb. to each serving.

Ritz-Carlton Tomatoes

Butter rounds of toast, arrange them in shallow pan. Place slice cheese, then of tomato, on each round. Sprinkle with sugar, salt, pepper, onion and sweet pepper minced fine. Top with dot of butter and grated cheese, set pan in hot oven, bake till cheese is lightly browned. Garnish with parsley.

Cherry-Nut Topsy-Turvy Cake

Part 1—Heat ⅓ cup butter or margarine in frying pan, sprinkle with ½ cup sugar, 1 cup chopped pecans, 2 cups canned and drained cherries.

Part 2—Cream ⅔ cup shortening with 1½ cups sugar, add 2 eggs unbeaten, beat mixture well. Combine 2½ cups sifted flour, 3 teaspoons baking powder and ½ teaspoon salt, add with ⅔ cup milk to the creamed mixture. Pour the batter over the Part 1 mixture in a frying pan, bake in moderate oven (350°) ¾ of an hour. Turn out onto large plate, and while cooling, make the sauce to serve with it.

Sauce for Cherry-Nut Cake

Bring 1 cup of the canned cherry juice to boil with ⅔ cup sugar, then thicken with 1 tablespoon cornstarch dissolved in little cold cherry juice. Boil till thick, then cool. Just before serving, whip ⅔ cup cream, add the cherry syrup and spread on cake. Garnish with rubyettes. Serves 10.

MENU 3

Planked Salmon with Potato Balls
Spinach Mold
Apricot and Cheese Turnovers

Planked Salmon with Potato Balls

Have salmon cut in steaks one and one-half or two inches thick. Two steaks average size can be placed on medium-sized plank. Oil plank thor-

oughly, place fish upon it, and broil under gas broiler, turning flame low after first few moments. Or it can be baked in oven of range. Serve on plank, surrounded by potato balls cut with French vegetable cutter. Heat one-fourth cup cream, add salt and pepper, three tablespoons finely chopped parsley. Shake potato balls in this until well covered with seasonings. Serve Hollandaise sauce with planked salmon.

Spinach Mold

1 peck spinach . . . 2 cups white sauce . . . ½ cup dry bread crumbs
2 tablespoons butter . . . 2 eggs . . . 1 small onion

Cook spinach and mash fine. Brown onion in butter, add to the spinach. Beat egg yolks and stir into white sauce, adding shortening and crumbs. Combine the two mixtures. Cool. Add the beaten egg whites. Place in well greased ring mold, cover and set into frying pan into which has been put hot water. Bake 25 minutes in hot oven 400°. Unmold onto plate, fill center of ring with buttered asparagus tips, garnish with strips of pimiento and slices of stuffed olives.

Apricot and Cheese Turnovers

2 packages cream cheese . . . ½ cup shortening . . . 2 cups flour
3½ cups apricots . . . salt

Cream cheese with shortening, add flour and salt and work into a dough. Set in refrigerator over night. In morning, roll out quite thin, cut into 2-inch squares. Place apricots in center, pinch four corners together, place in ungreased pans and bake in hot oven (450°) until brown.

MENU 4

Vegetable Plate, Club Style

Vegetable Plate, Club Style

1 large cauliflower . . . 6 green peppers . . . 3 cups cold cooked rice
2 tablespoons flour . . . 2 tablespoons shortening . . . 1 cup milk . . . ½ teaspoon salt
⅛ teaspoon pepper . . . ¾ cup grated cheese . . . 1 fresh tomato
6 glazed sweet potatoes

Tie cheese cloth around cauliflower to hold flowerets together. Place in center of greased roaster and surround with the peppers stuffed with the cooked rice. Add just enough water to cover the bottom, so that the vegetables will not cling to the hot surface before their own juices are extracted. Cover closely and cook over slow flame for 25 minutes. Make a white sauce of the flour, shortening, milk and seasonings. When cooked add the grated cheese. Serve cauliflower on a hot platter and pour over the cream

sauce. Surround with stuffed peppers, alternating with glazed sweet potatoes. Garnish with sliced tomato. Serves 6.

MENU 5

Planked Ham with Vegetables
Cherry and Cheese Torte

Planked Ham with Vegetables

1 slice ham, 2 ins. thick . . . 8 medium sized potatoes
1 can asparagus . . . 1 bunch new carrots . . . 2 cans peas

Cover ham with cold water, bring to boil, then simmer for 40 minutes. Drain and place on plank. Stick whole cloves around edge. Brown in oven at 350° for 30 minutes.

Remove from oven, add a border of mashed potatoes, garnishing with the peas and carrots alternating, with the stalks of asparagus separating them. Spread vegetables with melted butter, return plank to oven until potatoes are browned.

Cherry and Cheese Torte

1¼ cups flour . . . 2 teaspoons baking powder . . . ½ teaspoon salt
1½ tablespoons shortening . . . ½ cup milk
⅓ cup grated cheese

Mix and sift dry ingredients, cut in shortening and cheese, add milk. Toss on floured board, roll out and line layer cake pan as for pie. Fill with cherry filling, bake in moderate (350°) oven 45 minutes.

Filling

2 cups pitted cherries . . . ¾ cup sugar . . . 2 eggs
3 tablespoons flour . . . 1 tablespoon cornstarch . . . 1½ cups milk

Mix and sift dry ingredients, add unbeaten eggs, then beat thoroughly. Add milk, and when well mixed, add cherries.

MENU 6

Planked Whitefish
Chocolate Roll

Planked Whitefish

Clean and bone fish weighing 4 lbs. Sprinkle with salt and pepper and rub with butter or margarine. Grease plank and place fish on it. Bake

in moderate oven (375°) for 40 minutes. Remove from oven and make a mashed potato border around edge of plank. Between edge of fish and potato border place baked stuffed tomatoes, green beans and flowers of cauliflower previously prepared and cooked. Brown potatoes in hot oven. Remove from oven, garnish with parsley and lemon. Cover round of cauliflower with drawn butter sauce.

Chocolate Roll

Whip 5 egg yolks till thick and lemon-colored, stir in ½ cup powdered sugar mixed with 3 tablespoons cocoa and pinch of salt. Fold in 5 stiffly beaten egg whites. Pour half-inch deep into shallow cake pan, lined with well-greased paper, bake in moderate (375°) oven about 20 minutes. Turn immediately onto waxed paper sprinkled with powdered sugar, remove paper from under side of cake. Spread quickly with marshmallow whip or chocolate frosting, roll like jelly roll and let stand little while. Cut into half-inch thick slices, top off with whipped cream or ice cream.

MISCELLANEOUS GRILLED DISHES

Broiled Kidney

Wash a fresh kidney and cut in thin slices. Season with salt, pepper and melted butter. Dredge with flour. Put on broiler and cook for 5 minutes. Make a sauce of the juice of one lemon and two tablespoons melted butter and pour over the kidney. Garnish with parsley and slices of cucumber. Serves 2.

Broiled Liver

Cut eight medium slices liver, trimmed, cover with boiling water and let stand five minutes. Wipe dry and season with salt and pepper. Roll in flour, sweet oil and fresh bread crumbs. Broil over a moderate fire until thoroughly done. Dish in a circle, alternating with thin slices of brown bread fried in butter. Pour a Bordelaise Sauce in the center. Serves 6 to 8.

Spindled Scallops

Drain and dry medium-sized scallops, dip them in melted butter, to which juice of an onion has been added and dash of pepper; slip each scallop on buttered skewer, with small piece bacon between each scallop. Broil under a brisk flame, basting once with buttered mixture. When done slip scallops from skewers onto slices hot buttered toast and turn over them remaining butter sauce.

Grilled Oysters

Clean, drain and dry two dozen large oysters, sprinkle with salt and

pepper, fry on hot griddle, allowing two tablespoons butter. Brown on one side, then turn and brown on other. Do not let griddle get too hot. Serve four to each person, on two-inch square of rye cake.

Brochette of Chicken Livers

2 chicken livers . . . 6 bacon slices . . . 1 egg slightly beaten . . . ½ cup bread crumbs
3 tablespoons shortening . . . 3 slices onion . . . 2 tablespoons chopped parsley
6 slices toast

Clean livers and wash. Cut in small pieces. Cut bacon in slices three inches long. Roll liver in egg, then bread crumbs, and run liver and bacon on skewers alternated. Heat shortening and onion in skillet, then brown skewered livers and bacon. When ready to serve spread shortening from pan on toast, place skewers of liver and bacon on top, and garnish with parsley. For a change, a poached egg may be served on the toast, then the livers and the bacon placed on top. Serves 3.

Chicken Livers Sauted

3 tablespoons shortening . . . 6 livers . . . 1 teaspoon onion juice
2 tablespoons flour . . . 1 cup stock . . . 1 teaspoon lemon juice . . . seasoning

Melt the shortening and cook the livers and onion juice in it for 3 minutes; add the flour, stir smoothly, and pour in the stock; bring to the boiling point and cook 2 minutes. Season, and serve at once or the livers will become tough. Serves 4 to 6.

Pigs in Blankets

1 dozen large oysters . . . 1 dozen thin slices bacon . . . seasoning

Pick over the oysters carefully, roll each in a slice of bacon and fasten the ends with a toothpick. Put in a hot chafing dish and cook until bacon is crisp. Season and serve very hot. Serves 3.

Spindled Oysters

2 dozen large oysters . . . 2 ounces bacon . . . 6 slices thin toast . . . 6 steel skewers

Drain, clean and dry oysters on soft towel; cut the bacon in very thin slices. Fill skewers with bacon and oysters alternately, running skewer cross grain through the muscle of oyster and stringing bits of bacon by one corner so that each slice may overlay an oyster. Do not crowd. Place skewers across baking pan and cook over gas or in a quick oven five minutes. Do not take oysters from spindle, but lay each one on slice of toast, pouring over them drip from pan. Serves 6.

Broiled Oysters

Take largest oysters, clean, scald, drain, dry on a towel and dip each

into softened butter till well coated and then in seasoned flour. Lay them on buttered broiler. Cook over clear coals until light brown. Serve on slices of buttered thin toast. If done by gas stove lay toast under broiler to catch drip. Fine cracker crumbs may be used instead of flour. Oysters that have been breaded for frying are good broiled. Allow 6 oysters to a serving.

CHAPTER VII

BRIDGE PARTY MENUS

MENU 1

Peanut Soup
Shrimp-Cucumber Salad
Cheese Crackers
Tea *Chocolate Cookie Mousse* *Coffee*

Peanut Soup

2 cups milk . . . 1 small minced onion . . . ½ teaspoon celery salt
2 tablespoons flour . . . ½ cup peanut butter
½ teaspoon Chinese sauce or Worcestershire sauce . . . ½ teaspoon salt
2 tablespoons melted butter

Make thin white sauce by melting butter, stirring in flour, then adding milk slowly. Next add onion and celery salt and seasonings. Add peanut butter last, stirring it up well. Reheat and put through sieve before serving. Takes only 8 minutes to make this soup.

Shrimp-Cucumber Salad

1 can shrimps . . . 2 tablespoons lemon juice . . . 1 diced cucumber
2 tablespoons vinegar . . . 4 tablespoons oil . . . ¼ teaspoon salt . . . paprika

Clean shrimps, cut half of them into smaller pieces. Marinate the shrimp and diced, pared cucumbers with the lemon juice, oil and vinegar mixed together. Chill. Place shrimp and cucumber salad on bed of shredded lettuce and garnish with mayonnaise dressing, with dash of paprika.

Chocolate Cookie Mousse

2 cups cream, whipped . . . 2 stiffly beaten egg whites
2 tablespoons confectioner's sugar . . . 1 teaspoon vanilla . . . chocolate wafers

Add sugar, vanilla and stiffly beaten egg whites to whipped cream. Alternate layers of whipped cream and chocolate wafers. Let stand in freezing compartment tray of electric refrigerator 10 minutes. Then place in freezing compartment of refrigerator and freeze three hours.

MENU 2

Jellied Ham Loaf
Hot Biscuits
Watermelon Cake
Coffee *Ice Cream* *Tea*

A Delicious Jellied Ham Loaf

1 tablespoon gelatine . . . ¼ cup cold water . . . 1 cup boiling water
4 tablespoons diced carrot . . . 4 tablespoons diced onion
2 tablespoons diced celery . . . 1 cup cold water . . . 1 teaspoon salt
1 cup cooked ham . . . 2 hard cooked eggs

Soak gelatine in one-fourth cup cold water for five minutes. Pour boiling water over vegetables and cook gently until soft. Add soaked gelatine to hot vegetable mixture and stir until dissolved. Add cold water and salt, stir and set aside until thick like molasses. Fold in minced ham. Slice eggs thin with egg slicer and garnish bottom and sides of loaf pan. Turn mixture in and set away in electrical refrigerator for an hour or more. Serves 6.

Jellied Ham Loaf or Ring

3 tablespoons gelatine . . . 1 cup cold water . . . 2 cups hot water
3 bouillon cubes . . . 2 tablespoons carrots, cut in cubes
2 tablespoons chopped onion . . . 1 cup celery, cut in small pieces
2 tablespoons vinegar . . . 2 cups boiled ham, diced . . . ¼ cup pimiento, diced
1 tablespoon parsley, chopped

Soak the gelatine in cold water five minutes. Pour hot water over bouillon cubes, adding carrots, onion and celery, and boil for 10 minutes. Strain over the gelatine and stir until gelatine is dissolved; add vinegar and set aside to cool. When it begins to stiffen, add meat, pimiento and parsley. Pour into wet mold and set aside to harden. If made in a ring mold, fill center of mold with an egg salad, or one made of beets, green peas and celery. Serves 6 to 8.

Watermelon Cake

1 cup margarine . . . 3 cups sugar . . . 2 cups milk . . . 7 cups flour
½ teaspoon salt . . . 4 tablespoons baking powder
2 teaspoons vanilla . . . 6 egg whites

Combine as for cake, folding in stiffly beaten egg whites last. Divide batter into two parts. In one bowl leave the white batter.

To the second half add ½ teaspoon red cake coloring and to this red batter add ¾ cup raisins floured to prevent their falling to bottom of mold. Have a melon-shaped mold well oiled and floured. First place the white batter in mold, letting it run well up on the sides of the mold.

Then pour the red batter in center, and last of all pour a little white batter over the top. Do not fill mold too full, or cake will run over in oven. Bake in moderate 350° oven about 1¾ hours. Time of baking depends on size and depth of mold or pan used.

When done, turn cake out, and cool slightly. Frost with green-colored Seven-Minute frosting, and streak with white frosting to indicate watermelon markings.

MENU 3

Jellied Chicken
Ice Cream
Tea *Coffee Cream Puffs* *Coffee*

Jellied Chicken

4 lb. fowl . . . boiling water . . . 1 teaspoon salt . . . salt and pepper
2 teaspoons gelatine . . . ¼ cup cold water

Dress, clean and cut up fowl. Place in stew pan with boiling water and cook slowly until meat falls from bone. When one-half done, salt. Remove chicken, pick meat from bone and skin, sprinkle with salt and pepper and pack into buttered mold. Reduce the stock to one cup; soften gelatine in cold water, then dissolve in hot stock strained and skimmed of fat. Pour over meat in mold, keep in cold place until firm. Serves 6.

Coffee Cream Puffs with Ice Cream

1 cup flour . . . ½ cup margarine . . . ¼ teaspoon salt
4 eggs . . . 1 cup coffee

Add salt and margarine to coffee, bring to boil, add flour all at once, stirring constantly until mixture leaves sides of pan. Drop by spoonfuls onto slightly greased pan dusted with flour. Bake 15 minutes at 425°, then reduce heat to 375° for ten minutes. When baked, make slit in top or side with sharp knife, cool and fill each puff with ice cream. Frost the cream puffs, or serve with a sundae sauce.

MENU 4

Cucumber Salad, Salmon Dressing
Assorted Fancy Sandwiches
Tea *Chocolate Topsy-Turvy Cake* *Coffee*

Cucumber Salad, Salmon Dressing

2 cucumbers . . . 1 onion . . . 1 cup salmon . . . dressing . . . seasoning

Make individual salads. On each plate place bed of shredded lettuce, several thin slices pared cucumbers, little of the minced onion, salt and pepper.

Remove bones and skin, and shred the salmon. Add to it a sour, highly seasoned dressing. Beat thoroughly and pour over each portion of salad.

Assorted Fancy Sandwiches

Make a variety of rolled, ribbon and open-face sandwiches, using simple but colorful fillings. Serve on sandwich plates, sandwiches only one deep.

Chocolate Topsy-Turvy Cake

2 egg yolks . . . 1 cup sugar . . . ⅓ cup water . . . ½ teaspoon orange extract
1 cup pastry flour . . . 2 squares chocolate, melted
2 teaspoons baking powder . . . ¼ teaspoon salt . . . 2 egg whites

Beat egg yolks till thick, continue beating while adding sugar, orange extract and water alternately. Sift dry ingredients twice and stir into mixture. Add melted chocolate, then fold in stiffly beaten egg whites. Let stand minute.

Melt ¼ cup shortening in heavy frying pan, spread 1 cup brown sugar over bottom, then 1 cup orange sections in any design. Pour batter over the orange sections. Bake in slow oven (325°) 30 or 40 minutes. Turn out on large cake plate, bottom side up. Cut out, when cold, in rounds with empty baking powder box. Place thin round of vanilla ice cream on top of each round section and decorate with chopped salted pecans, chopped candied cherries and whipped cream.

MENU 5

Creamed Chicken Patties
Orange Marmalade Biscuits *Coffee*
Macaroon Nut Fluff
Bridge Cake

Creamed Chicken Patties

2 cups cold cooked chicken cut in dice . . . 2 cups white sauce
⅛ teaspoon celery salt . . . ¼ cup mushrooms cut in slices

Make white sauce by scalding two cups milk and adding two tablespoons butter and two tablespoons flour. When thoroughly cooked add chicken, seasonings and mushrooms. Heat thoroughly and serve in patty shells. Creamed chicken may be served over triangles of toast if preferred. Serves 6 to 8.

Orange Marmalade Biscuits

Make biscuit dough, roll out quarter inch thick. Cut in small rounds, placing two of them together one on top of the other. Bake. When done, quickly spread a thin layer orange marmalade between the two biscuits.

Macaroon Nut Fluff

1 lb. peanut brittle . . . dozen macaroons . . . 1 pint heavy cream

Grind peanut brittle and macaroons through food chopper using coarse knife. Mix the cream, whipped stiff. Freeze in the mechanical refrigerator, or pack into baking powder cans three-fourths full and bury in equal parts crushed ice and rock salt for 3 or 4 hours. Serve from platter, sliced, with garnish of whipped cream and candied cherry.

Bridge Cake

4½ cups sugar . . . 6 cups flour . . . 3 tablespoons baking powder
1 cup margarine . . . 3 teaspoons vanilla . . . 1½ cups milk
12 eggs . . . 1½ teaspoons salt

Mix as for cake, adding beaten egg yolks and whites separately. Divide in two parts, adding vegetable coloring to one part. Bake in greased loaf pans, moderate oven (350°) 45 minutes. When cold, cut slices from each colored cake, matching contrasting slices. Cut with fancy cookie cutter through these two slices, spreading cut edges carefully with one egg white beaten with 3 tablespoons sugar. Insert cut-out section into slice of opposite color.

MENU 6

Lady Finger Sandwiches
Fruit Salad in Orange Cups
Gold-and-Silver Cake *Coffee*

Lady Finger Sandwiches

Spread long slices of sandwich bread, cut lengthwise of loaf after removing crusts. Fill with any desired filling, such as chocolate and nuts, orange marmalade and cream cheese, cheese and salted chopped almonds, etc. Cut in narrow strips, or with lady finger cookie cutter.

Fruit Salad in Orange Cups

3 oranges . . . 3 slices pineapple . . . 12 marshmallows . . . ½ cup chopped nut meats
1 cup white grapes . . . lettuce or cress

Cut oranges in half. Remove pulp carefully, and cut out membranes, leaving cups. Mix orange pulp with diced pineapple, marshmallows, cut

in small pieces, chopped nut meats and white grapes skinned, seeded and cut in halves. Fill orange cups with mixture and place on lettuce or cress, garnished with fruit, salad dressing and a few chopped nut meats and grapes, which are reserved for that use.

Gold-and-Silver Cake

2 cups sugar . . . 1 cup margarine . . . 4 eggs . . . 1 cup water
1 teaspoon orange extract

Mix as for cake. Bake in three layers, moderate oven (375°) about 25 minutes. Frost with Seven-Minute frosting, and decorate artistically with tiny silver candies.

Seven-Minute Frosting

2 unbeaten egg whites . . . 1½ cups granulated sugar
5 tablespoons hot water . . . ¼ teaspoon cream tartar . . . 1 teaspoon vanilla

Put all in double boiler except vanilla, cook for 7 minutes over hot water, beating with egg-beater continually. Flavor and spread.

MENU 7

Oyster Shortcake
Surprise Pear Salad
Tea *Mints* *Salted Nuts* *Coffee*

Oyster Short Cake

1 qt. oysters . . . 1 tablespoon flour . . . 3 tablespoons shortening
Salt . . . pepper . . . 3 tablespoons cream

Drain and clean one quart oysters, scald and strain the liquor, cook oysters in liquor until plump and edges curl. Cook flour with shortening. When the mixture is light and creamy, gradually turn upon it boiling liquor and season. After boiling up once, stir in cream, also oysters. Stir over fire one-half minute. Serve immediately. Have shortcake ready to fill. Serves 6 to 8.

Surprise Pear Salad

Fill the center of halved canned pears with hot cheese balls prepared in the following manner. Form small balls out of cottage or cream cheese generously seasoned with paprika, roll in finely mashed cracker crumbs and fry in plenty of fat. When a golden brown serve immediately in the pears, topped by chopped walnuts and mayonnaise on lettuce.

MENU 8

Strawberry-Orange-Cheese Salad
Assorted Sandwiches *Loganberry Ginger Ale*
Alaska Pie

Strawberry-Orange-Cheese Salad

Arrange three lettuce leaves on each individual salad plate with stems meeting in center. In one lettuce leaf place whole small strawberries,washed and hulled; in the second lettuce leaf place sections of orange free from skin and membrane, and on third leaf balls of cream cheese size of the strawberries, rolled in chopped nuts. Serve Cream French dressing with this. May be used as a dessert.

Loganberry Ginger Ale

1 cup sugar . . . 1 cup water . . . 3 lemons (juice) . . . 1 cup loganberry juice
1½ pints ginger ale . . . 1 orange . . . mint leaves

Make a syrup of sugar and water by simmering for about five minutes. When cold, add one lemon and loganberry juice. Just before serving add ginger ale; if too strong, a little water may be added. Garnish with slices of orange and mint leaves. Yield 6 glasses.

Alaska Pie

Individual pie shells . . . bulk ice cream . . . meringue

Bake individual pastry shells on back of pie or patty pans the day before. When ready to serve, fill the pie shells with bulk ice cream, and cover completely with meringue made by beating up egg whites with sugar, 4 tablespoons sugar to each egg white.

Place the shells on baking sheet and brown the meringue in a hot oven. Serve immediately.

ADDITIONAL BRIDGE PARTY RECIPES

Creamed Lobster

1 small lobster . . . 4 tablespoons shortening . . . 2 tablespoons flour
⅛ teaspoon cayenne . . . 2 tablespoons lemon juice . . . 1 cup boiling water

Cut the meat into dice, pound the coral with one tablespoon of shortening; cook together the flour mixed with seasonings and the remainder of the shortening; add the water slowly and the pounded coral, and simmer five minutes. Strain over the lobster meat, boil up once and serve. Serves 4.

Lobster Hearts

1 recipe baking powder pie pastry . . . 2 tablespoons shortening
3 tablespoons flour . . . 2 cups milk . . . salt and pepper
1 teaspoon lemon juice . . . 1 can lobster . . . white of egg

Make a rich baking powder pie pastry, cut one-third into narrow strips, one-fourth inch thick. Roll rest one inch thick, cut with heart-shaped cutter and place strips around the edge to form a nest, sticking with a little water. Make a cream sauce of the shortening, flour and milk, and add the liquid drained from the can of lobster. Boil for five minutes in a double boiler, stirring constantly till smooth. Season and add lemon juice. Remove bones from lobster and heat in the cream sauce. Fill pastry shells with this mixture, first brushing the inside with white of egg. Bake for 20 minutes. Serves 6.

Ham Mousse No. 1

2 cups cooked ham . . . ½ cup thick cream sauce . . . 2 eggs, well beaten
2 tablespoons sherry . . . 1/16 teaspoon cayenne . . . ¼ teaspoon salt

Grind the cooked ham (any ends or pieces will do) several times. Add it to the cream sauce, seasonings and beaten eggs, and beat until smooth. Grease a ring mold. (Garnish with cooked macaroni and peppers if desired.) Fill with ham mixture and cook in hot oven in hot water, uncovered, 25 minutes. Serve with creamed vegetables or chilled vegetable salad. Serves 6.

Ham Mousse No. 2

¾ tablespoon gelatine . . . 2 tablespoons cold water . . . 2 tablespoons shortening
2 tablespoons flour . . . ¼ teaspoon salt . . . few grains pepper
⅛ teaspoon paprika . . . ½ teaspoon onion juice . . . 1 cup milk
1½ cups ground ham . . . ½ cup celery, cut in small pieces
1 pimiento, cut fine . . . ½ cup cream, whipped

Soak gelatine in cold water for five minutes, then dissolve over hot water. Melt the shortening, add flour, salt, pepper, paprika and onion juice. Stir milk in gradually, bring to boil, stirring constantly. Boil 5 minutes, remove from fire, add dissolved gelatine, stirring well. Fold in ham, celery and pimiento. When the mixture cools and begins to thicken, fold in the whipped cream. Turn into a mold and chill. Serve as a cold meat on a platter, garnished with parsley or as a salad on lettuce leaves with mayonnaise. Six servings.

Shrimps

Shrimps are caught in immense quantities along seashore from early spring till late autumn. They are about two inches long, covered with thin shell and are boiled and sent to market with heads removed. They are used in salads; as garnish for boiled fish; they are creamed and served

in patty shells. They may be prepared by any of the formulas already given for lobsters or crabs, remembering that seasoning should be less heavy as flavor of shrimp is more delicate. Canned shrimps should always be rinsed in slightly salted water and well drained and aired before they are used. Before using, remove any of shell and fine black thread of intestine which runs the length of the body.

Shrimp Fricassee

1 small onion . . . 1 tablespoon shortening . . . 1 tablespoon flour
½ cup water . . . 2 cups tomato puree . . . 2 pounds shrimps . . . 1 egg yolk, beaten

Fry onion in shortening until well browned, then add flour, water and strained tomato. When thoroughly heated, add cooked, shelled and cleaned shrimp. Simmer for fifteen minutes. Add the well beaten egg yolk and serve hot on toast. Serves 6.

Creamed Oysters and Mushrooms

2 dozen oysters . . . oyster liquor . . . 1½ cups milk . . . 1 tablespoon flour
1 cup mushrooms . . . ½ teaspoon salt . . . ⅛ teaspoon lemon juice
1 teaspoon onion juice . . . 2 egg yolks, beaten light . . . 2 tablespoons shortening

Drain oysters and place in hot pan with a teaspoon shortening. Toss them till they are plumped and ruffled on both sides, then place in hot dish. Add to the oyster liquor the milk and flour and cook till thick. Add chopped mushrooms and cook two minutes. Add other ingredients in order named, then the oysters. Bring to the boiling point and pour over hot buttered toast. Serves 6.

Jellied Carrot Salad

1 box lemon jello . . . 1 cup boiling water . . . 1½ cups canned pineapple juice
½ cup sugar . . . 1 can crushed pineapple . . . 1 cup grated carrot

Dissolve jello in boiling water, and add pineapple juice; stir in the sugar until dissolved, then crushed pineapple and grated carrot. Mold and chill. Serve on crisp lettuce with salad dressing.

Tomato Jelly Salad

3 cups stewed tomatoes . . . 1 onion, sliced . . . 1 stalk celery . . . 1 bay leaf
1 clove . . . 1 teaspoon sugar . . . salt . . . 1 envelope gelatine
½ cup cold water . . . lettuce . . . mayonnaise

Cook tomatoes with seasonings. Soak the gelatine in cold water and add to hot tomatoes. Strain and mold in cups about the size of a tomato. Serve on plates in lettuce cups, slipping the contents of each cup onto the lettuce. Serve with tablespoon of mayonnaise on top of each mold, sprinkling with paprika.

BRIDGE PARTY MENUS FOR THE "STYLISH STOUT"

MENU 1

Stuffed Tomato Salad No. 3
Melba Toast *Black Coffee*
Mint and Grapefruit Sherbet

Stuffed Tomato Salad No. 3

6 medium sized tomatoes . . . ½ cup apples, diced . . . ½ cup celery, diced
¼ cup walnuts, cut up . . . 1 package lemon jello . . . 1 cup mayonnaise

Peel tomatoes and scoop out centers. Fill centers with apple, celery and walnuts. Set each tomato in a cup and fill up the cup with hot lemon jello. Chill until firm, turn out on lettuce and serve with mineral oil mayonnaise.

Mineral Oil Mayonnaise

Mineral oil, which may be purchased from the drug store, has no food value. It may be used to make mayonnaise dressing by following the mayonnaise recipe and using mineral oil instead of the other oil called for. Mineral oil is mildly laxative, an added advantage.

Melba Toast

Slice white bread extremely thin. Toast it thoroughly dry. Eat without butter.

Mint and Grapefruit Sherbet

1 pint water . . . 1½ cups sugar . . . 4 or 5 sprigs mint
½ teaspoon gelatine . . . 2 tablespoons cold water
1½ cups grapefruit pulp . . . ½ cup grapejuice . . . 1 egg white, beaten stiff

Boil water and sugar rapidly 10 minutes. Add mint, crushing it into the hot syrup. Soak gelatine in the cold water 5 minutes. Add it to the hot syrup, dissolve it. Strain liquid. Add grapefruit pulp and grapejuice and freeze in ice and salt, 4 to 1 mixture. When sherbet begins to freeze, stir in the beaten egg white.

MENU 2

Jellied Vegetable Salad
Rolled Lettuce Sandwiches *Iced Tea*

Jellied Vegetable Salad

1 tablespoon gelatine . . . ¼ cup cold water . . . 1 cup boiling water
¼ cup sugar . . . ¼ cup vinegar . . . 1 teaspoon salt . . . ¼ cup chopped raw cabbage
¼ cup cooked beets, well drained . . . 1 green pepper, minced

Soak the gelatine in the cold water, add the boiling water, sugar, vinegar and salt. Stir well and when beginning to thicken add the vegetables. Pour into a mold and let remain in refrigerator until thoroughly chilled and firm. Serve on lettuce with mineral oil mayonnaise.

MENU 3

Aspic Jelly, without Meat
Whole Wheat Bread Sticks *Hot Tea*

Aspic Jelly
(without Meat)

4 cups cold water . . . 2 tablespoons each, malt, tarragon and chili vinegar
Rind of half a lemon . . . 10 peppercorns . . . 1 tablespoon carrot, minced
1 tablespoon turnip, minced . . . 1 tablespoon onion, minced . . . 1 stalk celery
1 teaspoon salt . . . 2 sprigs parsley . . . 1 box gelatine . . . 1 cup cold water
Whites and shells of two eggs

Put all the ingredients, except the gelatine and egg, into a stew pan. Put over the fire until it boils. Soak the gelatine in one cup of cold water for 5 minutes. Pour the boiling broth over the soaked gelatine, add egg and beat slightly. Heat the broth a few minutes after adding egg and crushed shells; remove from the fire, let stand for 30 minutes, strain through flannel. Mold in wet bread pan, and serve in slices with mineral oil mayonnaise.

Whole Wheat Bread Sticks

Cut whole wheat bread in inch-thick slices, then in thirds lengthwise. Lay pieces on pie pan and dry out thoroughly in oven.

CHAPTER VIII

SANDWICHES AND "DIFFERENT" BREADS FOR SANDWICH MAKING

The following variety of quick breads will give you new ideas for sandwiches. The same old fillings will taste so different between these tasty breads—in fact, the bread alone simply spread with butter offers interesting variety to serve with fancy salads or hot dishes for refreshments.

BAKING POWDER BREADS

Quick Nut Bread

2 eggs . . . 1 cup sugar . . . 1 cup milk or water . . . 1 cup chopped nuts
3½ cups white flour (may use half graham and half white)
6 teaspoons baking powder . . . 1 teaspoon salt
2 tablespoons of melted shortening may be added to milk

Beat eggs and sugar until light; add milk and nuts and mix well. Fold in flour which has been sifted with baking powder and salt. Fill bread pan half full and let stand for twenty minutes. Bake in a moderate (350°) oven 45 minutes.

Nut and Raisin Bread

1 cup graham flour . . . 1 cup entire wheat flour . . . 1 cup bread flour
6 teaspoons baking powder . . . ¾ cup brown sugar
2 tablespoons melted shortening . . . 1½ teaspoons salt . . . ¾ cup chopped nuts
½ cup seeded raisins . . . 1 egg, well beaten . . . 1 cup milk . . . ½ cup water

Mix and sift flours, salt, sugar and baking powder; add remaining ingredients and beat well. Turn into 2 greased bread pans, let stand one-half hour, then bake in moderate (350°) oven about 45 minutes.

Peanut Butter Bread

2 cups flour . . . 4 teaspoons baking powder . . . ½ cup sugar
¼ cup chopped peanuts . . . 1 teaspoon salt . . . ½ cup peanut butter
1 cup hot milk . . . 1 egg yolk

Sift flour, baking powder, sugar and salt together, cut in peanut butter, then the milk and beaten egg yolk. Beat thoroughly and bake in greased

loaf pan in slow (325°) oven about 45 minutes. Delicious for sandwiches filled with cream cheese, or lettuce and mayonnaise dressing.

Recipe for Date Bread (One Loaf)

2 cups flour . . . 4 teaspoons baking powder . . . ½ teaspoon salt . . . ¼ cup sugar
¾ cup milk or water . . . 1 egg . . . ½ lb. dates (stoned and cut in pieces)

Mix flour, baking powder, sugar and salt. Add milk, egg slightly beaten and dates. Turn into a greased pan and bake 1 hour in a moderate (350°) oven.

Orange Bread

3 cups flour . . . 4 teaspoons baking powder . . . ½ cup sugar . . . ½ teaspoon salt
¼ cup chopped toasted pecans . . . 1 egg . . . 1 cup milk
¾ cup chopped candied orange peel

Sift dry ingredients, add nuts and orange peel. After mixing thoroughly, add milk, then well-beaten egg, and pour into 2 well greased bread pans. Let stand 10 minutes, then bake in moderate (350°) oven for 45 minutes. When partially cooled, glaze the top of loaves with sugar-water frosting.

Other breads for sandwich making are white, whole wheat, graham, bran, Boston Brown and potato bread. These are raised breads, recipes for which follow here:

RAISED YEAST BREADS

White Bread (Quick Method)

2 cakes yeast . . . 1 qt. lukewarm water . . . 2 tablespoons sugar
2 tablespoons melted shortening . . . 3 qts. flour . . . 1 tablespoon salt

Dissolve yeast and sugar in lukewarm water, add shortening and one-half of the flour. Beat until smooth, then add the salt and the balance of the flour, or enough to make dough of consistency to be handled. Knead until smooth and elastic. Place in greased bowl, cover and set aside in a moderately warm place, free from draught until light—about one and one-half hours. Knead again and mold into loaves. Place in well greased bread pan, filling them one-half full. Cover and let rise one hour, or until double in bulk. Bake 45 to 60 minutes, in moderately hot oven. If a richer loaf is desired, use milk in place of part or all of the water. This recipe makes three large loaves. The best bread makers use quick methods. One cake of yeast will suffice, but two cakes produce quicker, stronger fermentation, and better bread.

Apple Bread

1 lb. apples . . . 1 yeast cake . . . ½ cup lukewarm water . . . 1 teaspoon salt
5 cups flour . . . 4 tablespoons melted shortening

Peel, core and stew apples. Dissolve yeast in lukewarm water, add slightly cooked apples, half of the flour and the melted shortening. Mix well. Cover and put in a warm place to rise until light—about one and one-half hours. Mix in remainder of flour, and the salt; knead lightly and let rise in a well greased bowl until double in bulk. Form into loaves, filling pans half full; cover and let rise until light—about one hour. Bake in a hot oven about 45 minutes.

Hungarian Tea Bread

1 cake yeast . . . 1¼ cups scalded milk . . . 4½ cups flour . . . ¼ cup shortening
2 eggs, beaten . . . ¼ cup sugar . . . 1½ cups raisins
1 teaspoon salt . . . cinnamon to taste

Dissolve yeast in scalded milk that has been cooled to lukewarm; add one and one-half cups flour and mix until smooth; let stand until light and puffy. Add creamed shortening, sugar, eggs, raisins, salt, remainder of the flour, and the cinnamon. Mix to a stiff dough and knead thoroughly. Let stand until double in volume. Divide into two equal parts for loaves; cut each loaf into three equal parts; roll the parts into strips about twelve inches long, tapering to a point at each end; press ends together and braid. Place on buttered baking sheets, cover and allow to stand until light. Bake from one-half to three-quarters of an hour. When cool, ice with an icing made by mixing a few drops of hot water with powdered sugar; flavor with vanilla.

Coffee Bread

1 egg, well beaten . . . ½ cup sugar . . . ⅓ cup shortening, melted
2 cups milk, scalded and cooled . . . 1 cake yeast . . . ¼ cup lukewarm water
3 cups sifted flour . . . ½ cup almonds, chopped . . . ½ cup citron, cut fine
½ cup raisins . . . ½ teaspoon salt

To beaten egg add sugar and shortening creamed. Beat until light. Add milk which has been scalded and cooled; stir well, then add yeast which has previously been dissolved in lukewarm water, and two cups of sifted flour to make a thin batter. Beat until smooth. Cover and let rise until light—about one hour. Add almonds, citron and raisins, well floured, the remainder of the flour, or enough to make a soft dough, and lastly the salt. Knead well. Cover and set aside in a warm place, free from draught, to rise until double in bulk—about one and one-half hours. Divide into three parts. Make three braids; place in well greased pans. Let rise 30 minutes. Brush with egg, diluted with water. Bake in a moderate oven 45 minutes. While hot, ice with plain frosting.

Fruit Bread

1 cake yeast . . . 1 pint water or milk . . . 2 tablespoons sugar
2 tablespoons shortening . . . 1 teaspoon salt . . . 3 pints flour
1½ cups seeded raisins, mixed with the flour

Dissolve the yeast in the water, or milk; add the salt, sugar and shortening. Mix in the flour and raisins. Currants or nut meats may be used, if desired. Have the temperature when mixed 82° to 84° F. Allow the dough to rise until very light. Divide into two large loaves, or three small loaves. Mold and place in pans. Allow to rise to top of pans. Bake in moderate oven 35 minutes.

Raisin Bread

1 cake yeast . . . 1 cup lukewarm water . . . 1 cup milk, scalded and cooled
1 tablespoon sugar . . . 6 cups sifted flour . . . 4 tablespoons shortening
¾ cup sugar . . . 1 cup raisins . . . 1 teaspoon salt

Dissolve yeast and one tablespoon sugar in lukewarm liquid, add two cups flour, shortening and sugar well creamed, and beat until smooth. Cover and set aside in a warm place to rise, free from draught, until light —about one and one-half hours. When light add raisins well floured, remainder of flour or enough to make a moderately soft dough, and salt. Knead lightly; place in a well greased bowl, cover and let rise again until double in bulk—about one and one-half hours. Mold into loaves, fill well greased pans one-half full, cover and let rise until light—about one hour. Glaze with egg, diluted with water, and bake 45 minutes in a hot oven.

Nut Bread

1 cake yeast . . . 1 cup milk, scalded and cooled . . . 1 tablespoon sugar
3 cups sifted flour . . . ⅓ cup sugar . . . 2 tablespoons shortening
White of 1 egg . . . ¾ cup chopped walnuts . . . ⅓ teaspoon salt

Dissolve yeast and one tablespoon sugar in lukewarm milk, add one and one-fourth cups flour, and beat thoroughly. Cover and set aside in a warm place 50 minutes—or until light. Add sugar and shortening creamed, white of egg beaten stiff, nuts, remainder of flour or enough to make a dough, and salt. Knead well; place in greased bowl. Cover and set aside for about two and one-half hours to rise—or until double in bulk. Mold into a loaf, or small breadsticks, and place in well greased pans. Protect from draught and let rise again until light—about one hour. Loaf should bake 45 to 60 minutes; breadsticks 10 minutes, in hot oven.

Raisin and Nut Oat Loaf

1 pint scalded milk . . . 1 cup rolled oats . . . 1 teaspoon salt
¼ cup molasses or sugar . . . 1 yeast cake . . . ½ cup lukewarm water
2 cups whole wheat flour . . . 1 cup raisins . . . 1 cup chopped nut meats

Pour the scalded milk over the oats and cook slowly to a mush, adding salt, molasses or sugar. When lukewarm add the yeast, which has been

softened in the water, add flour, chopped raisins and nut meats. Knead carefully on a well floured board until it loses its stickiness. Form into two loaves, place in well greased pans and let stand until very light. Brush over with milk or egg and bake in a moderately hot oven.

Scotch Bread

2 cups milk, scalded and cooled . . . 2 cups cooked oatmeal . . . ¼ cup molasses
¾ cup raisins . . . 1 cake yeast . . . ¼ cup lukewarm water . . . 4 cups flour
4 cups whole wheat flour . . . 2 teaspoons salt

Combine milk and oatmeal, and cool. Stir in molasses, raisins, yeast dissolved in the warm water, then add flour and half the whole wheat flour. Mix well and set aside in a warm place until double in bulk. Mix salt with remaining whole wheat flour and add to sponge, kneading slightly. Let double in bulk again, shape into loaves, then let double in bulk a third time. Bake in a hot oven (400° F.) for 15 minutes. Reduce temperature slightly and bake for 45 minutes.

Sandwiches (Easy to Make)

(1) Toasted Cracker Sandwiches—Spread soda crackers with grated cheese, moistened with a little oil and vinegar, cover with soda cracker and put into quick oven until cheese melts or until very crisp.

(2) Toast crackers until very crisp—Spread crackers with cottage cheese or strawberry jam—serve hot.

(3) Cut marshmallows into eighths. Spread on soda crackers and place in oven until marshmallows are melted. Sprinkle with finely chopped nuts and return to oven for 1 minute.

Date Sandwich Filling

2 cups pitted dates . . . 4 teaspoons orange juice

Wash dates well, put through the meat chopper, then stir in orange juice.

Lenox Sandwiches

¼ cup almond paste . . . ¼ cup powdered sugar . . . ⅜ cup heavy cream
Salt to taste

Mix thoroughly and spread between thin slices of buttered graham or white bread.

Fig Sandwiches

Cook fig marmalade and sugar to a taste. Wafers are put together in twos with filling between.

Ginger Creams

3 ounces cream cheese . . . 2 tablespoons finely chopped preserved ginger
1 tablespoon cream

Mix cheese, cream and ginger and spread generously on thin slices of buttered whole wheat bread. Cut in fancy shapes.

Sponge Cake Sandwiches

1 cup maple sugar . . . 1 cup chopped nuts . . . 3 tablespoons heavy cream
Thin slices sponge cake

Crush maple sugar, mix with nuts and cream. Spread between slices of two day old sponge cake. Do not cut cake until just before the sandwiches are to be made. These are delicious with hot chocolate.

Raisin Sandwiches

3 ounces cream cheese . . . 2 tablespoons heavy cream
1½ tablespoons raisins, finely chopped . . . 1 teaspoon grated horseradish
Brown bread

Soften the cheese with cream, add raisins and horseradish and mix well. Spread between thin buttered slices of brown bread.

Tea Room Sandwiches

2 tart apples . . . ¼ pound shelled walnuts . . . 1 cup stuffed olives . . . mayonnaise

Grind through the meat chopper the peeled apples, walnuts and olives. Moisten with mayonnaise dressing and use with a crisp lettuce leaf between buttered slices of graham or whole wheat bread.

Tea Sandwiches

1½ cups seeded raisins . . . ½ cup chopped nuts . . . juice of half a lemon

Chop raisins and nuts; mix lemon juice. Spread on well buttered thinly sliced bread.

Gingerbread and Cheese Ribbons

1 loaf gingerbread . . . ½ cup butter . . . 6 ounces cream cheese
¼ cup mayonnaise . . . ¼ cup nut meats, chopped

Bake gingerbread in a loaf. When cold, slice the length of the loaf, using a very sharp knife. Spread slices with butter, then with mixture of other ingredients, mixed together. Place slices on top of each other, press together and chill. When ready to serve, cut slices from across the end.

Bridge Sandwiches

Slice white bread and whole wheat bread about ¼ inch thick. Spread with butter or any desired filling and put a slice of each kind together.

Cut into diamonds, spades, etc., then with smaller cutter, cut centers from these. Butter edges of these small centers, reverse sides and press back into space.

Sandwiches carrying any symbols such as lodge insignia may be carried out the same way. Further garnishing may be made with sliced pickles, olives, pimientos and candied fruits and angelica.

Ribbon Sandwiches

Spread filling on alternating slices of whole wheat and white bread from which crusts have been removed. Put slices together in desired amount, chill and cut across to give ribbon effect.

Checkerboard Sandwiches

Cut three slices each from whole wheat and white bread. Remove crusts and spread with butter or filling. Arrange in alternate layers of white and dark bread, three slices in each pile. Cut thin slices from each pile, spread and fit together alternately, again making two piles. Chill well, then cut slices across the ends, which will be checkerboard in design.

Loaf Sandwich

Remove crusts from a loaf of bread and cut in slices lengthwise of loaf. Spread each slice with different colored fillings, such as cream cheese, softened with cream; mixed with chopped pimiento, to give red color; mixed with green coloring or some green addition such as parsley butter or spinach juice; mixed with hard cooked egg yolks for yellow. Any number of such variations will be suggested for color. Or savory fillings may be combined in the one loaf—ground ham mixed with mayonnaise, cheese creamed with a few drops onion juice, sardine paste, chopped pickles, hard cooked eggs chopped fine.

Place the spread slices together in original form of loaf and press together. Cover with cream cheese softened with a little cream—coloring and garnishing as desired—and set in ice box to harden. Slice off as for bread, to serve.

Sandwich Rolls

May be made of thinly sliced day old bread with crusts removed. Bread may be sliced across the loaf in ordinary manner or lengthwise of the loaf. Place on damp towel, spread with desired filling and roll carefully as for jelly roll. If bread is cut lengthwise, wrap roll in damp towel and put in refrigerator and chill. When ready to serve, cut in slices which will represent pinwheels. Two varieties of bread may be rolled together.

Children's Sandwiches

Fancy cookie cutters in shapes of animals, birds, flowers, trees, etc., may be used to cut bread. A simple filling should be chosen. Sandwiches may be garnished to carry out the idea of the form of the sandwich. For instance, a chicken shaped sandwich may be covered with hard cooked egg yolk, creamed with butter, using cloves for eyes, carrot for beak and feet. Melted chocolate and chopped parsley could be used—or butter colored with vegetable coloring and spread or piped on.

Anchovy Sandwiches

3 ounces cream cheese . . . 6 tablespoons anchovy paste . . . 2 tablespoons cream
Slices of bread

Mix the cheese, anchovy paste and cream together until smooth. Spread on very thinly sliced bread. Cover with another slice and cut into fancy shapes.

Chicken Liver Sandwiches

Boiled minced chicken livers . . . broiled bacon . . . toasted rye bread
chopped capers . . . chopped olives . . . lettuce . . . mayonnaise

Butter the toast, spread liberally with the hot minced liver, lay a strip of bacon across, sprinkle with the chopped capers and olives. Put on lettuce and mayonnaise.

Club Chicken Sandwiches

Toasted white bread . . . Sliced bacon broiled . . . white meat of chicken
sliced tomato . . . crisp lettuce . . . mayonnaise dressing

Remove crust and butter toast lightly; lay one piece of each of the ingredients on in given order, and cover with a piece of buttered toast.

Southern Sandwiches

3 ounces cream cheese . . . ⅓ cup ham, finely ground
½ cup chicken, finely ground . . . ⅓ cup mayonnaise . . . slices of bread

Mix the ham, chicken and cream cheese together until smooth, then add mayonnaise and spread between slices of buttered bread.

Italian Sandwich Filling

½ pound dried beef . . . 2 cups canned tomatoes
¼ pound cheese . . . shake of pepper

Put the beef and cheese together through the meat grinder, add tomatoes and pepper and cook slowly until thick. Chill and spread on sandwiches with lettuce leaf.

Toasted Sardine Sandwiches

Bread . . . ½ cup grated cheese . . . 2 tablespoons butter
1 can boneless sardines

Cut bread with round cookie cutter, spread with cheese and butter, mixed; place sardine on each, broil quickly and serve hot.

Shrimp Sandwiches

4 tablespoons butter . . . 1 tablespoon prepared mustard
2 tablespoons shrimp paste . . . 2 hard cooked egg yolks . . . 1 teaspoon onion juice

Cream butter thoroughly, add mustard and shrimp. Beat until thoroughly blended. Add egg yolk and onion juice. Spread liberally between slices of white or graham bread.

Celery Rolls

¼ cup cream cheese . . . 1 tablespoon cream . . . 2 drops onion juice
½ teaspoon salt . . . shake of cayenne . . . celery hearts . . . butter

Mix cheese, cream, onion juice, salt and cayenne together, and fill the hollow of the celery. Remove crusts from fresh bread and cut in thin slices. Place slice on damp towel to keep from breaking. Cut celery into same lengths as bread and roll. Spread butter on outside edges to hold bread in place. Chill well and serve.

Cheese Dreams

Cut thin slices bread and remove crusts. Cut in halves, cover with a slice (thin) American cheese, sprinkle with salt; paprika and cayenne; cover with another slice bread and saute on both sides in butter. These are more easily prepared small than large.

Cheese Fingers

12 slices bread . . . ½ cup butter . . . ⅔ cup grated cheese
¼ teaspoon salt . . . shake of cayenne . . . ⅓ cup melted butter

Remove crusts from bread, sliced ¼ inch thick and spread with the other ingredients, well creamed. Cover with a second slice and cut into fingers an inch wide. Brush with melted butter and brown in a hot oven.

Cheese Rolls

12 slices bread, cut very thin . . . ½ cup grated cheese
½ teaspoon salt . . . shake of cayenne . . . ½ cup butter

Cream butter, add cheese, salt and pepper and spread on bread. Remove crusts. Place each slice on damp towel and roll carefully as for jelly roll. The butter should keep slice from unrolling, otherwise fasten

with toothpicks. Place in slow oven until brown and crisp, turning occasionally.

Cheese Toast Sandwiches

¾ cup grated cheese . . . 1 tablespoon cream . . . ½ teaspoon salt
A little cayenne . . . rounds of bread . . . ⅓ cup butter

Put the cheese in a bowl with the cream and seasonings, adding more cream if necessary to form a paste. Spread between the slices of bread, and press closely together. Saute on both sides in the butter melted in the blazer of the chafing dish.

Toasted Cheese Rolls

1 loaf bread . . . 3 ounces well seasoned cheese . . . 3 ounces cream cheese
3 tablespoons heavy cream . . . ⅓ teaspoon salt . . . shake of cayenne

Remove crusts from the bread, cut into slices the length of the loaf. Mix cheeses with the cream and seasonings, beating well, and spread on the bread. Roll up each slice as for jelly roll, then slice ½ inch slices from the end. Toast quickly on both sides and serve at once.

Nut Bread Sandwiches

Cream cheese . . . lemon juice . . . nut bread, sliced . . . guava paste

Cream the cheese and season with lemon juice. Spread the cream cheese on thin slices of nut bread, and put a thin slice of the guava paste in each sandwich.

Piquant Sandwiches

½ cup butter . . . 6 tablespoons grated cheese (Parmesan)
1 tablespoon prepared mustard . . . 1 tablespoon anchovy paste
1 teaspoon vinegar

Cream the butter, add the cheese and mix thoroughly. Mix in all the other ingredients and beat well. Spread on thinly sliced rye bread.

Russian Sandwiches

1 small cream cheese . . . ¼ teaspoon salt . . . shake of paprika
½ cup mayonnaise dressing . . . 24 stuffed olives

Cream the cheese and season with salt and paprika. Chop the olives very fine, and mix with mayonnaise. Spread one slice of bread with cheese, and the other with the mayonnaise mixture. Put sandwiches together and trim off crusts. Cut in strips. They are easier to serve if cut into three strips, instead of cutting them in half.

Swiss Club Sandwich

Toasted rye bread . . . sliced Swiss cheese . . . broiled bacon
Piquant cold slaw . . . mayonnaise . . . lettuce

Butter fresh hot toast. Put Swiss cheese, bacon and cold slaw between lettuce leaves and put all between two slices of toast. Serve as soon as made.

Cucumber Sandwiches

2 very fresh cucumbers . . . 1 tablespoon grated onion
½ cup mayonnaise . . . salt and paprika

Peel, slice and chop cucumbers fine, put in cheesecloth to drain. Set on ice to chill. Mix with other ingredients just before making sandwiches. Spread on unbuttered rye bread.

Toasted Cucumber Sandwiches

1 cucumber . . . 1 tablespoon lemon juice . . . 3 drops onion juice
Bread sliced ¼ inch thick . . . ⅓ cup butter . . . ¼ teaspoon salt
Shake of cayenne

Peel the cucumber and slice ¼ inch thick. Drop into ice water. Cream butter with lemon, onion juice and seasonings and spread bread. Dry the cucumber on a towel. Place a slice of cucumber on the bread, cover and cut, with sharp cutter, the same size as the cucumber. Place in ice box to chill thoroughly. When ready to serve, toast quickly on each side and serve immediately. The contrast of the hot toast and the icy cucumber is the success of this sandwich.

Devilled Sandwiches

2 ounces Jordan almonds . . . butter . . . 2 tablespoons chopped sweet pickles
1 teaspoon Worcestershire sauce . . . 1 teaspoon chutney . . . ¼ teaspoon salt
¼ teaspoon paprika . . . 1 cup cottage cheese . . . 3 tablespoons cream

Blanch and shred the almonds and saute in enough butter to prevent burning, until delicately browned. Mix the sweet pickle sauce, chutney, salt and paprika. Pour this over the almonds and cook for 2 minutes longer, stirring constantly. Work a cup of cottage cheese to a paste with a little thick cream and use a layer of the cheese and one of the nut mixture between buttered slices of graham or Boston brown bread.

Green Pepper Logs

1 cup pecans, chopped . . . 4 tablespoons peppers, minced
½ cup boiled salad dressing . . . 1 teaspoon salt

Mix to a paste. Remove all crust from a fresh loaf of bread. Cut into thin slices with very sharp knife. Spread with mixture and roll. If paste is quite moist, the rolls will hold—otherwise, use a toothpick.

Red and White Open Faced Sandwiches

3 large pickled beets . . . 1 pimiento . . . 1 teaspoon minced onion
½ cup baked ham, chopped . . . 1 cream cheese . . . 1 tablespoon sweet cream
1 teaspoon chili sauce . . . French dressing . . . salt, paprika and cayenne
3 hard cooked eggs

Chop beets and pimiento and add onion, ham, cheese, cream, chili sauce, French dressing and seasonings. Spread on thin, buttered rounds of white bread and garnish with alternate slivers of beet and egg white arranged in a circle around center of grated egg yolk to simulate a marguerite.

Savoy Sandwich

4 tablespoons butter . . . 1 teaspoon lemon juice . . . 1 teaspoon chopped onion
2 tablespoons water cress . . . 6 stuffed olives . . . 1 tablespoon capers

Cream the butter, add the lemon juice and all the other ingredients finely minced. Spread between thinly sliced rye bread.

Scraped Beef Sandwiches

¼ pound very lean steak, cut against the grain . . . salt and pepper
Plain or buttered bread or toast

Remove all fat, scrape the pulp from the fibre, and season. Spread on thin slices of bread or toast, buttered or plain; cover with another slice and cut into small strips.

Sweet Pepper Sandwiches

1 small can pimientos . . . ¾ cup sugar . . . ½ cup vinegar
6 slices whole wheat bread . . . 6 slices white bread . . . ½ cup butter, creamed

Drain pimientos and put through food chopper. Add sugar and vinegar. Stir until sugar is dissolved, then boil gently until the consistency of jam. Remove crusts from bread and spread with creamed butter. On slice of dark bread, spread the pepper filling, cover with slice of white bread, spread this again with butter and filling and cover with the whole wheat bread. Alternate, using a slice of whole wheat as a center slice. Wrap the sandwiches in a damp cloth, weight down and chill. Slice across in ribbons to serve.

Mock Pate de Foie Gras No. 1

¾ pound calves liver . . . 4 chicken livers . . . ½ cup bacon fat . . . ½ cup butter
1 large carrot, grated . . . 2 small onions, grated . . . ¾ cup soup stock
1 teaspoon salt . . . 1/16 teaspoon cayenne
¼ cup chicken or turkey fat

Slice liver thin. Put the bacon fat and half the butter in a pan with liver and fry slowly, turning often. Remove liver and add vegetables with ½ cup stock and seasonings. Cook, tightly covered, until tender. Add liver and cook 5 minutes, tightly covered. Put through the meat grinder several times with fine knife, then rub through sieve. Set bowl in ice and add remaining soup stock, beating until it is very light in color. Heat remaining butter and fat together, pour a little into glass jars, nearly fill with prepared paste, and cover with fat again. Keep in ice box.

Mock Pate de Foie Gras No. 2

1 cup fowl livers and gizzards . . . 6 tablespoons chicken fat
1 medium onion minced . . . 1 tablespoon Worcestershire sauce
Salt and pepper . . . ½ cup soup stock

Put livers and gizzards in a pan with half the fat, half the onion, the soup stock and the seasonings and cook very slowly until soft. Cool in liquor, which should have boiled down to almost nothing. When cold, rub livers through a fine sieve and mash to a fine paste. Fry the remaining onion in remainder of fat slowly, for 10 minutes, then rub through a fine sieve. Mix all together for 10 minutes, until very smooth. Mix in gizzards, cut in small pieces, and press mixture into greased cups. Cover with hot fat and chill. One-half cup mushrooms may be fried with the onion and forced through the sieve with them, if desired.

CHAPTER IX

BEVERAGES

Boiled Coffee

3 tablespoons coffee . . . 3 cups water . . . white of egg

Grind coffee moderately fine, add one-half white of egg, and put into perfectly clean coffee pot. Add enough cold water to moisten coffee, then pour measured water over, cover pot closely, and boil 3 minutes. Then pour in ½ cup cold water, draw the pot to side of range and allow it to stand five minutes to settle before serving. Never let the coffee boil after cold water has been added. Serves 3.

Filtered Coffee

1 tablespoon of coffee to each cup

Have coffee finely ground, coffee pot hot, and water freshly boiled. Put coffee into strainer or upper part of pot, measure water, and pour slowly over coffee. When it has filtered through, pour it again over the grounds, keeping the pot where the water will remain at the boiling point, but not actually boil during the process. The pot may stand in a vessel of boiling water during the filtering process if desired.

Black or After Dinner Coffee

Make according to rule for filtered coffee, using twice the quantity of coffee to each cup of water. Serve in very small cups.

Cafe au Lait

1 tablespoon of coffee to each cup

Grind the coffee finely, and prepare as in filtered coffee, using only one-half quantity of water. When filtered twice, pour off the coffee and add an equal amount of freshly scalded milk.

Perfection Coffee

2 cups strong iced coffee . . . 2 cups milk . . . cracked ice
4 tablespoons whipped cream . . . ⅕ teaspoon brown cinnamon

Have both coffee and milk thoroughly chilled; mix well, add cracked

ice and when serving put the whipped cream on each glass and dust over with cinnamon. Serves 4.

Cocoa

2 tablespoons cocoa . . . 2 tablespoons sugar . . . 2 cups boiling water
2 cups boiling milk

Put cocoa and sugar in saucepan; add ½ cup boiling water and cook, stirring constantly for five minutes. Add remainder of water, also milk, and cook five minutes longer. Serve with cream if desired. Serves 6.

Cocoa Egg-nog

1 egg white, beaten stiff . . . 1 teaspoon sugar . . . ¼ cup cold water
1 teaspoon cocoa . . . ¾ cup milk . . . few grains salt

Mix sugar, cocoa and salt; add water and cook 5 minutes. Chill; add to egg white. Add cold milk to one-half of mixture. Serve in a glass with remaining mixture on top. One serving.

Choca

2 squares (ounces) chocolate . . . ½ cup liquid coffee . . . 3 cups water
1 cup sugar . . . whipped cream . . . 1 teaspoon vanilla

Melt the chocolate in a dry saucepan over a gentle heat. Add the liquid coffee to it, and cook 2 minutes, stirring constantly. Add sugar and water, and cook 5 minutes. Chill, add vanilla, and pour into glasses, each containing tablespoon of whipped cream. Be sure the beverage is thoroughly chilled before serving. Serves 3.

Chocolate

2 squares chocolate . . . 4 tablespoons cold water . . . 2 teaspoons sugar
3 cups milk . . . 1 teaspoon vanilla, if liked . . . whipped cream

Put chocolate into a saucepan or the inner vessel of a double boiler, with water and sugar; cook over gentle heat until chocolate is melted; add milk gradually and bring to boiling point. Beat until foamy, flavor with vanilla if liked, and serve with a spoonful of whipped cream on each cup. Serves 4.

Hot Chocolate

2 squares chocolate . . . 2 cups cold water . . . 3 tablespoons sugar
2 cups milk

Melt chocolate; add sugar and cold water and heat to boiling point, cook 15 minutes in a double boiler. Add milk and heat again. Remove from flame as soon as boiling point is reached. Serves 6.

Tea

Use 2 level teaspoons tea to 2 cups of water

Use freshly boiling water, scald teapot, put in tea and pour on boiling water in proportion given. Cover and keep in warm place, but where the tea will not boil, for 3 to 5 minutes to draw. If it cannot be used at once, pour off the tea and discard the leaves. An earthen teapot is preferable. Serves 2.

Pineapple Punch

2 cups water . . . 1¼ cups sugar . . . 1 can grated pineapple
4 lemons (juice) . . . 1 quart ice water

Combine water and sugar and boil 10 minutes. Add pineapple and lemon juice, cool, strain, and add ice-water. Put piece of ice into punch bowl, pour punch over it and garnish with cherries and thin slices of lemon from which the seeds have been removed. Serves 6.

Fruit Punch

Juice from one can sliced pineapple. Juice of two lemons and one orange; 1 cup of some available bitters, 3 pints carbonated water, and sweeten with grenadine syrup. Mix the fruit juices and syrup in a large glass pitcher, add water and ice, slices of lemon, sprigs of mint, cherries and cubes of pineapple. Serve very cold—when the frost is on the pitcher. Serves 16.

Iced Tea

Iced tea is made the same as the hot beverage, and may be prepared some hours before using, the infusion being poured off the leaves as soon as the strength is extracted, then cooled, and placed near the ice until required for use; or, the tea may be made at the time of serving and chilled by the plentiful addition of cracked ice. The former is the more economical method. Ice tea should be taken clear and weaker than when served hot and slices of lemon should be served with it.

Tea Punch

1 cup strong tea . . . 1 cup sugar . . . 1 sliced lemon . . . 1 cup stoned cherries
1 cup slightly crushed raspberries or strawberries
1 quart water or carbonated water . . . ½ cup maraschino cordial
Cracked ice

Pour the hot tea over the sugar, then, when cold, add the fruit, water, cordial and ice. Chill thoroughly before serving. Serves 6.

Fruit Punch

2 pounds sugar . . . 2 quarts water . . . 2 quarts mineral water
2 cups sliced strawberries . . . 3 sliced bananas . . . 1 large pineapple, shredded
6 oranges (juice) . . . 4 lemons (juice) . . . 1 cup raspberry or other fruit syrup
Crushed ice

Boil sugar and water together to form a syrup. Chill; add the mineral water, fruit and ice, with more water if the punch is too strong. Serve very cold. Serves 40.

Mother's Fruit Punch

12 oranges . . . 4 lemons . . . 1 cup juice canned pineapple . . . 2 cups water
Sugar . . . 2 quarts ice water or ginger ale . . . ½ cup maraschino cherries
2 lemons sliced

Squeeze the oranges and four of the lemons. Add the pineapple juice. Cut the orange and lemon rinds into strips; add water and sweeten to taste. Boil until tender; add 2 quarts water or ginger ale to the fruit juices. Pour over blocks of ice, garnish with cherries and sliced lemon and serve in large punch bowl. Serves 12.

Dry State Punch

1 cup water . . . ½ cup sugar . . . ½ cup pineapple juice
1 grapefruit (juice) . . . 1 orange (juice) . . . 1 lemon (juice)
½ cup candied cherries

Boil sugar and water together, then add fruit juices and let mixture cool. The grapefruit juice is poured in, chilled, and 1 pint of soda water is added just before serving. Use cherries and citron as a garnish. Serves 6.

Lime Punch

8 cubes sugar . . . 2 oranges . . . 2 limes . . . 1½ cups water
Cracked ice . . . slice of pineapple . . . 2 crystallized cherries

Rub the cubes of sugar over the rind of the oranges and limes. Then put the sugar in a bowl, and pour the juice of the limes and oranges over it. Add the water, and serve when the sugar is melted, chilling with plenty of cracked ice. Put in the pineapple and cherries at the moment of serving. Serves 4.

Circus Punch

1 cup sugar . . . 1 cup water . . . 2 lemons (juice) . . . ½ cup of apricot juice
¼ cup canned cherry juice . . . ¼ cup orange juice . . . 2 qts. ginger ale

Boil sugar and water almost 10 minutes. Cool, and add fruit juice and chill. When ready to serve, add ginger ale. When serving, use colored ice cubes and cherries in the glasses. Serves 12.

November Punch

2 cups tea, boiling hot . . . 1 stick cinnamon . . . 6 whole cloves
3 lemons (juice) . . . 1½ cups simple syrup . . . 3 oranges, sliced
1 quart cider . . . 1 quart ginger ale

Pour boiling hot tea over cloves and cinnamon, add lemon juice, simple syrup and oranges. Ripen on ice until ready to serve. Remove cinnamon. Pour over iced cider and iced ginger ale. Serves 12.

Grape Juice

Grapes . . . sugar

Pick grapes from the stalk, crush them, and place over a slow fire until the juice runs freely. Strain through fine cloth or jelly bag, pressing out all of the juice. Measure, and to each quart use 1½ cups of sugar. Scald the juice, add the sugar, boil 5 minutes after all the sugar is melted; bottle and seal.

Grape Lemonade

To make 2 quarts of this drink, use the juice of four limes, 3 cups grape juice, 5 drops oil of peppermint, 4 cups carbonated water and plenty of ice. Sweeten with simple syrup. Add the mint to the syrup and mix with grape juice and limes. Add the ice and water. Serves 6.

Mulled Grape Juice

2 sticks cinnamon . . . 1 dozen whole cloves . . . 1 quart grape juice
1 pint water . . . 1 cup sugar . . . 2 lemons

Put spices in bag, and put in saucepan with grape juice, sugar and water; let it heat slowly until it steams; stir well and let stand on back of stove for 10 minutes; add juice of lemons and thin yellow rind of one lemon, peel off in a strip. Bring all to boiling point; take out lemon peel. If more sugar is desired, add at this time. Serve very hot with the Thanksgiving supper. Serves 6.

Depew Ginger Ale

2 lemons . . . 2 oranges . . . 1 cup sugar
1½ cups ice water . . . 1 pint ginger ale, chilled . . . 1 cup grape juice

Add sugar to juice of lemons and oranges; add water, ginger ale and grape juice and stir thoroughly. Pour into pitcher and let stand a few minutes before serving. Serves 6.

Southern Limeade

Make a sugar syrup of 1 cup water and ¾ cup sugar. To 2 tablespoons of this syrup, placed in tall glass, add the juice of one lime and generous cubes of ice. Fill with seltzer water, and serve with slices of lime. Individual serving.

Peppermint Lemonade

To 2 quarts water, add the juice of four lemons, and sweeten with simple syrup to which has been added 5 drops oil of peppermint. Serve from a glass pitcher with ice and mint sprigs. Serves 8.

Lemon Ginger Cup

For an individual portion of this very refreshing beverage, place in a tall glass 4 tablespoons of cold tea, the juice of one-half lemon, 2 tablespoons

of sugar, and two or three bits of preserved ginger. Stir well, mix in 2 tablespoons finely cracked ice, and fill up the glass with iced ginger ale. Add a thin slice of lemon and cap with a tiny bouquet of fresh mint.

Ginger Frappe

1 cup tea . . . 1 cup ginger, chopped . . . ½ can cherries and juice
3 limes (juice) . . . 1 lemon (juice) . . . 1 cup simple syrup
5 bottles ginger ale . . . 1 bottle vichy . . . 1 quart raspberries

Combine tea, chopped preserved ginger with the syrup, pitted cherries with the juice, the juice of limes and lemon. Sweeten with simple syrup and chill on ice for several hours. When ready to serve add chilled ginger ale, iced vichy, and 1 quart red raspberries. Pour slowly over a block of ice, place in a punch bowl, and serve in sherbet cups. Serves 20.

Fruit Frappe

Place 2 tablespoons of mixed fruit juices (orange, lemon and pineapple) in a tall glass. Add to this simple syrup to taste and a spoonful of ice. Fill the glass with carbonated water and garnish with thin slices of lemon and orange. Individual serving.

Mint Cordial

1 large bunch of mint . . . 2 lemons (juice) . . . 2 cups sugar
2 cups water . . . 1 orange (juice) . . . 1 cup pineapple juice

Pick the leaves from the stalks of the mint. Crush the leaves thoroughly, add lemon juice, stand aside for 1 hour. Boil water and sugar to a syrup. Pour this over the lemon and mint. Cool and strain. When cold add orange and pineapple juice, serve in glasses with a sprig of fresh mint in each. Serves 6.

Mint Cup

Place in a large bowl 2 cups hot tea, and add a cup of crushed mint leaves. Let stand until cold and strain. Add to the mint flavored tea the juice of three oranges and lemons, 1 cup shredded canned pineapple, 1 cup simple syrup and 1 pint white grape juice. Let stand on the ice to chill and ripen. When ready to serve, add 1 quart cracked ice, and 1 quart chilled mineral water, with 3 drops oil of peppermint. Mix well, stir in two diced bananas and ½ pint of maraschino cherries with the juice. Serve in tall glasses, and garnish each with a bouquet of fresh mint. Serves 12.

Loganberry Punch

½ cup sugar . . . 1 cup hot water . . . 6 cups cold water . . . 6 cups cracked ice
4 cups loganberry juice . . . 2 lemons . . . 1 orange . . . 4 fresh mint leaves

Dissolve sugar in hot water, add cold water and ice, then loganberry

juice with orange and lemons sliced thin and the mint leaves crushed slightly. Serves 12.

Pineappleade

8 cups water . . . 2 cups sugar . . . 1 cup lemon juice
1 orange sliced thin . . . 1 cup raw pineapple cubed . . . 8 cups cracked ice

Boil sugar with 2 cups of water, add fruit and lemon juice and chill. Mix in remaining water and cracked ice. Serves 12.

Cider Egg-nog

6 egg yolks . . . 6 tablespoons sugar . . . few grains nutmeg
6 cups cider . . . 6 egg whites, beaten stiff . . . 1 tablespoon sugar

Beat egg yolks and sugar together until very light. Season with nutmeg. Heat cider and pour over egg mixture beating well, and pour into hot punch bowl. Add remaining sugar to stiffly beaten egg whites and cover surface of the punch. Serves 6.

Loganberry Fruit Cup

1 cup tea . . . 2 lemons (juice) . . . 2 slices cucumber . . . 3 inches stick cinnamon
⅓ cup honey . . . ½ cup simple syrup . . . 1 quart loganberry juice
1 cup cherries pitted . . . 1 lemon sliced . . . 1 sprig crushed mint
2 cups charged water

Mix together first six ingredients and chill well. When ready to serve remove cinnamon and cucumber and add remaining ingredients. Pour over ice blocks in tall glasses. Serves 8.

Simple Syrup

1 cup sugar . . . ½ cup water

Bring to a boiling point and boil 5 minutes. Keep on hand to flavor cold drinks.

Frozen Fruit Cubes

Make a syrup using ½ cup sugar to 1 cup water. Add equal parts strawberries and pineapple, cut in cubes. Pour into freezing unit of refrigerator and freeze. Serve, cut up in small squares in sherbet glasses.

Mulled Cider

1 quart cider . . . ½ teaspoon whole allspice
2 inches stick cinnamon . . . 3 eggs, well beaten

Boil together the cider and spices for 3 minutes. Add carefully to the well-beaten eggs, beating while adding. Strain and serve very hot. Serves 4.

Albumenized Milk

1 egg white . . . ¼ cup lime water . . . 1 cup milk

Mix all ingredients, place in a shaker or covered jar and shake well. Strain and serve at once, plain or sweetened as preferred. Individual service.

Invalid's Tea

1 teaspoon tea . . . 1 cup scalded milk . . . sugar to taste

Bring the milk quickly to the scalding point and pour it over the tea. Let the two infuse for four minutes, strain and serve with or without sugar. Tea made by this method nourishes as well as stimulates. Individual service.

Fruit Egg-nog

1 egg . . . salt . . . ⅓ cup grape juice
1 teaspoon sugar . . . ½ cup milk

Beat egg and salt together until very light; add grape juice (other fruit juice may be substituted) then sugar and milk. Shake well with cracked ice, and serve in tall glass. Individual service.

Frosted Root Beer

Turn into a tall glass 4 tablespoons thick cream. Then pour in slowly so that it will not foam up and run over the glass, a chilled bottle of root beer. Top with 2 spoonfuls of sweetened whipped cream, flavor with lemon and serve immediately. Cracked ice may be added if desired. Individual service.

Broadway Cup

2 cups maple syrup . . . 13 cups coffee . . . 2 cups cream
4 cups charged water . . . ice cream . . whipped cream

Blend together maple syrup, strained coffee and thick cream. Place on ice to chill, and when ready to serve add iced mineral water. Pour over a block of ice in a punch bowl and serve in tall glasses containing a ball of chocolate ice cream. Top with a mound of sweetened whipped cream. Serves 24.

CHAPTER X

EXTRA-SPECIAL COMPANY CAKES AND COOKIES

Lemon-Cake Pie

1 cup sugar . . . 1 tablespoon butter . . . 2 egg yolks
2 tablespoons flour . . . 1 cup milk . . . juice and grated rind 1 lemon
2 egg whites

Mix as for cake. Pour into a rich, uncooked pie crust which has been placed in deep pie tin. Bake in hot 450° oven about 10 minutes, then at 350° moderate oven for 25 minutes. The top will be like sponge cake and the bottom a custard.

Chocolate Potato Cake

¾ cup shortening . . . 2 cups sugar . . . 4 egg yolks
1 cup hot mashed potato . . . 2 cups pastry flour . . . 3 teaspoons baking powder
2 teaspoons cinnamon . . . ½ teaspoon nutmeg . . . ½ cup milk
2 oz. bitter chocolate . . . 1 cup nut meats . . . 4 egg whites

Cream shortening and sugar, beat in egg yolks and the mashed potato. Then alternately add mixed and sifted dry ingredients with milk and melted chocolate. Stir in nut meats and fold in stiffly beaten egg whites. Bake in shallow pan in moderate 375° oven about 30 minutes.

Crumb Cake

2 cups brown sugar . . . 3 cups flour . . . 1 cup shortening
1 teaspoon soda . . . 2 teaspoons each cinnamon, nutmeg
2 eggs . . . 1 cup sour milk

Mix sugar with flour, cut in the shortening. Reserve 1 cup of this mixture. To remainder, add other ingredients as for cake. Pour into shallow greased pan. Sprinkle top with the 1 cup of reserved mixture. Bake in moderate 350° oven about 35 minutes.

Banana Cake

⅓ cup shortening . . . 1½ cups sugar . . . 3 egg yolks . . . 1 cup banana pulp
½ cup sour milk . . . ⅓ cup nut meats . . . 2⅛ cups flour
½ teaspoon soda . . . 3 teaspoons baking powder . . . 1 teaspoon salt
3 egg whites, beaten stiff

Cream shortening and sugar. Add well beaten egg yolks. Add banana pulp, sour milk and nuts. Sift dry ingredients together twice. Stir into

liquid mixture and fold in the stiffly beaten egg whites. Bake in loaf in moderate oven. Makes 1 large loaf.

Cocoanut Puffs

3 egg whites, beaten stiff . . . 1 cup sugar
1 teaspoon cornstarch . . . cocoanut enough to make stiff . . . 1 teaspoon vanilla

To the egg whites, add vanilla, sugar and cornstarch, dissolved in a very little water. Put in a double boiler and cook over boiling water for 20 or 25 minutes. Stir occasionally to prevent sticking, then add cocoanut enough to stand up well when dropped on greased pans. It takes one-half pound or a little more for this recipe. Bake 8 to 10 minutes in a moderate oven. Makes 27.

Crumbly Tea Cake

½ cup butter . . . ¾ cup shortening . . . 1⅔ cups sugar . . . 4 eggs, well beaten
2 cups raisins . . . ⅓ cup chopped orange peel . . . ⅓ cup candied cherries
5¾ cups flour . . . ½ teaspoon salt . . . 1 teaspoon cinnamon
1 teaspoon powdered cardamon . . . 5 teaspoons baking powder . . . ¾ cup cream

Cream the shortening with the sugar, gradually add the eggs and beat well. Flour the fruit, mix the dry ingredients together and add them to the creamed mixture, then add the cream and fruit. Bake in a buttered, floured mold, in a moderate oven (325° F.) for 1 hour and 15 minutes. This cake should be dry and somewhat crumbly.

Fairy Cakes

1 cup shortening . . . 2 cups sugar . . . 1 cup milk . . . 2½ cups flour
3 teaspoons baking powder . . . 1 teaspoon vanilla . . . 5 egg whites, beaten stiff
1 cup cream, whipped

Cream the shortening, add sugar gradually. Sift flour and baking powder together and add alternately with milk to creamed mixture. Add vanilla and fold in egg whites beaten stiff. Bake in layer cake pan in moderate oven (375°F.), 40 minutes. When cold, cut in small squares, remove top with sharp knife and scoop out center. Fill this space with sweetened, flavored whipped cream, recover and ice with boiled frosting. The frosting may be varied by dividing into portions and coloring with pure fruit colorings. The frosting may be garnished with nuts, glaced fruits or candied petals.

Ginger Sponge Cakes

1 cup brown sugar . . . 1 cup shortening . . . 4 egg yolks, beaten
2½ cups molasses . . . 4⅓ cups flour . . . 2 teaspoons soda
2 tablespoons ginger . . . 1 tablespoon cloves . . . 1 tablespoon cinnamon
1 tablespoon allspice . . . 1 cup cold water . . . 4 egg whites, beaten stiff

Cream the sugar and shortening together, add egg yolks and then molasses. Sift together the dry ingredients and add alternately with the

cold water. Beat steadily for five minutes. Fold in the stiffly beaten egg whites. Bake in well greased, deep muffin pan in a moderate oven (325° F.). Makes 32 cakes.

Graham Cracker Cake

1 cup sugar . . . ⅔ cup shortening . . . 3 egg yolks, beaten . . . 1¼ cups milk
1 cup flour . . . 4 teaspoons baking powder . . . ½ teaspoon salt
1 cup nuts, chopped . . . 30 graham crackers (rolled fine)
3 egg whites, beaten stiff

Cream sugar and shortening. Add egg yolks and beat; add milk, flour, baking powder, salt and nuts. Add graham crumbs and fold in stiffly beaten egg whites. Bake in two layers in nine inch pans in moderately hot oven at 375° F. for 25 minutes. Serves 8.

Molasses Cup Cakes

1 cup brown sugar . . . ¾ cup shortening . . . 1 egg, well beaten . . . 1 cup molasses
1 teaspoon cinnamon . . . ½ teaspoon ginger . . . ¼ teaspoon salt
1 teaspoon soda . . . 3 cups flour . . . 1 cup boiling water

Cream the shortening and sugar together, add egg and molasses, then the dry ingredients, mixed together. Stir in boiling water, and bake in greased muffin pans, in a moderate oven (375° F.) for 30 minutes. Makes 18 cakes. They may be iced, if desired.

Picnic Cake

2 cups sugar . . . ¾ cup shortening . . . 4 egg yolks, beaten well
2 squares bitter chocolate, melted . . . 1 cup hot mashed potato
1 cup chopped walnuts . . . ½ cup milk . . . 2 cups flour
4 teaspoons baking powder . . . 1 teaspoon cinnamon . . . ½ teaspoon cloves
½ teaspoon nutmeg . . . ½ teaspoon salt . . . 4 egg whites, beaten stiff

Cream shortening and sugar, add egg yolks. Mix together melted chocolate, mashed potato and nuts. Add to creamed mixture. Sift together the dry ingredients and add alternately with the milk. Beat well. Fold in stiffly beaten egg whites and bake in a loaf in moderate oven (350° F.) for 45 minutes. Cover with white icing into which raisins or nuts have been stirred.

Pineapple Tea Cakes

1 cup sugar . . . ½ cup shortening . . . 2 eggs . . . 2 cups pastry flour
4 teaspoons baking powder . . . ½ cup milk . . . ⅓ teaspoon salt
1 teaspoon mace . . . 1 teaspoon nutmeg . . . 1 teaspoon vanilla
½ cup pecans, broken in small pieces . . . 3 slices of pineapple, diced

Cream shortening and add sugar gradually. Add well beaten eggs, then milk alternately with sifted flour, salt, mace, nutmeg and baking powder. Add vanilla. Beat very well. Add pecans and pineapple. Bake in well greased muffin tins for 20 minutes at 375° F. This makes 16 cakes.

Prune Cake

½ cup shortening . . . 1 cup brown sugar . . . 2 eggs beaten
1 cup cooked unsweetened prunes . . . ½ cup prune juice . . . ½ teaspoon salt
½ teaspoon cloves . . . ½ teaspoon nutmeg . . . ½ teaspoon ginger
1 teaspoon cinnamon . . . 1 teaspoon soda . . . 2 cups flour . . . 2 cups raisins, seeded
1 tablespoon lemon extract

Cream the shortening and sugar, add beaten eggs, prunes pitted and cut up, and prune juice. Then beat in all dry ingredients, sifted together. Add raisins and lemon extract, and bake in loaf 1 hour in moderate oven (350° F.)

Rich Little Tea Cakes

¾ cup shortening . . . 1 cup granulated sugar . . . grated rind of 1 lemon
5 eggs . . . 2 cups flour . . . 2 teaspoons baking powder
½ teaspoon salt . . . 1 teaspoon vanilla

Cream the shortening and sifted granulated sugar. Add the grated rind of the lemon; then add the well beaten eggs alternately with the flour mixed and sifted with the baking powder and salt. Beat well and after the flour is all in, add the vanilla. Turn into a pastry bag and half fill small patty pans which have been greased. Bake 15 minutes in a 325° oven. Makes three dozen.

Rich Four Layer Cocoa Cake (Light Part)

½ cup shortening . . . 1½ cups sugar . . . few grains salt
¾ cup milk . . . 2 cups flour . . . 4 teaspoons baking powder
4 egg whites, beaten stiff

Cream shortening and sugar together, until light and creamy; add milk slowly and the flour, which has been sifted with baking powder and salt. Fold egg whites in very lightly. Line two layer or ten inch square pans with heavy paper and bake 20 to 25 minutes in moderate oven, 375° F.

(Dark Part)

½ cup shortening . . . 1¼ cups sugar . . . ¾ cup milk . . . 4 egg yolks, beaten well
½ cup cocoa . . . 1½ cups flour . . . 3 teaspoons baking powder
Few grains salt

Cream shortening and sugar until light; add milk slowly; add the beaten egg yolks, stirring all the time; sift cocoa, flour, baking powder and salt together, fold in lightly. Line three of the same size pans as for the light cake; bake 20 minutes in moderate oven; put together alternately with boiled icing; cover top with icing, decorate with blanched almonds.

Sun Gold Cake

1 cup shortening . . . 2 cups sugar . . . 4 eggs, unbeaten . . . 1 cup water
1 teaspoon orange extract . . . ½ teaspoon lemon extract . . . 3 cups pastry flour
3 teaspoons baking powder . . . ½ teaspoon salt

Cream the shortening, add sugar gradually and cream well. Beat in the eggs, one at a time, beating well after each addition. Mix in the water and flavorings, then add the sifted dry ingredients. Bake in three layers, in a moderate oven (375° F.) for 25 minutes.

White Cake

½ cup shortening . . . 1 cup sugar . . . ½ cup milk . . . 1¾ cups flour
1¾ teaspoons baking powder . . . 3 egg whites, beaten stiff
½ teaspoon vanilla

Cream the shortening and sugar. Sift dry ingredients together and add alternately with the milk to creamed mixture. Add vanilla and fold in stiffly beaten egg whites. Bake in layers in moderate oven (375° F.) for 25 minutes. Fill with Praline Filling.

CAKE FROSTINGS

Bitter Sweet Frosting

2 cups powdered sugar . . . ½ teaspoon salt . . . 2 tablespoons shortening
1 teaspoon vanilla . . . 8 tablespoons milk or cream . . . 1 square bitter chocolate

Mix all together except chocolate and spread on cake. Melt bitter chocolate and spread on top of this.

Delicious Honey Frosting

2¼ cups powdered sugar . . . 2 egg whites . . . ¼ cup honey
2 tablespoons lemon juice

Sift the powdered sugar. Beat whites of eggs to a stiff froth, add sugar slowly, beating all the time. When it begins to get thick, add a little honey, then sugar, then lemon juice and so on until well mixed. It takes about fifteen minutes to make this frosting.

Fluffy Frosting

1 cup brown sugar . . . 1 cup white sugar . . . 1 tablespoon white corn syrup
1 cup water . . . 2 egg whites . . . ½ teaspoon vanilla

Mix brown and white sugar with syrup and water and boil until the mixture spins a permanent thread. Beat egg whites stiff, then gradually add the syrup, stirring constantly until mixture holds its shape. Add flavoring.

French Butter Cream

½ cup sugar . . . ½ cup water . . . 1 teaspoon corn syrup
⅛ teaspoon cream tartar . . . 3 egg yolks . . . 1 square chocolate melted
½ cup butter . . . ½ teaspoon vanilla

Cook sugar, water, syrup and cream of tartar until it forms a thread. Beat egg yolks until light and lemon colored and pour hot syrup on them slowly, beating constantly. Add melted chocolate and beat until mixture cools. Cream the butter and add to sugar mixture, a tablespoon at a time, beating well. Flavor. It may be necessary to set mixing bowl in ice water to stiffen. Use only on cold cake. Chocolate may be omitted, and vegetable coloring used instead.

Maple Fondant Frosting

1 cup maple sugar . . . ½ cup thin cream

Boil together for 15 minutes; remove from fire and stir constantly until it stiffens. Spread quickly on warm cake as it hardens very fast.

Sugar Glaze

1 cup powdered sugar . . . 1 tablespoon lemon juice . . . 1 tablespoon boiling water

Beat hard until smooth and semi-transparent. Spread on cake as soon as taken from oven.

Tutti Frutti Frosting

½ cup water . . . 3 cups sugar . . . 2 egg whites . . . ½ pound almonds, chopped fine
½ cup white raisins . . . a little citron, sliced thin

Boil sugar and water until it spins a thread. Beat whites of eggs to a stiff froth and pour syrup over them, beating all until cool. Then add almonds and fruit.

Vanilla Frosting

2 egg whites, beaten stiff . . . 1½ cups powdered sugar . . . 1 teaspoon vanilla

Beat egg whites very stiff. Add sugar, a little at a time. Flavor.

COOKIES

Almond Drops

3 eggs . . . 1½ cups granulated sugar . . . 2 cups blanched and finely chopped almonds
1 oz. each bitter and sweet chocolate . . . 1 teaspoon vanilla

Beat the eggs and sugar together until very light, add the almonds, melted chocolate and vanilla. Chill the dough, stand a little while to stiffen. Bake in tiny greased paper cups in a slow oven (300° F.) about 25 minutes. Cool before removing from cups. This will make thirty or more.

Almond Bars

1½ cups melted shortening . . . 1 cup brown sugar . . . 1 cup white sugar
3 eggs, well beaten . . . ¼ pound almonds, blanched . . . 3 teaspoons baking powder
4½ cups flour

Cream shortening and sugar together; add well beaten eggs. Mix in almonds, and baking powder sifted with flour. Mix well and form into a roll. Chill in ice box over night, slice with sharp knife, sprinkle with sugar and bake in a hot oven (425° F.) for 8 minutes. Makes seven dozen 3-inch cookies.

Almond Horseshoes

1½ cups almonds . . . ⅔ cup shortening . . . ½ cup sugar
1⅓ cups flour . . . 1 teaspoon vanilla . . . powdered sugar

Blanch the almonds, let them dry over night and then grate or chop them very fine. Cream the shortening and the sugar, add flour, almonds and vanilla and work lightly with the fingers until well mixed. Shape the dough with the hands into half circles about ½ inch thick and bake in a slow oven (350° F.) for 25 minutes. Before the cookies are entirely cooled, roll them in powdered sugar. Recipe makes one and a half dozen.

Bangor Brownies

½ cup shortening . . . 1 cup sugar . . . 3 squares chocolate . 2 eggs
½ cup flour . . . 1 cup chopped walnuts . . . 1 teaspoon vanilla

Cream shortening and sugar; add melted chocolate, eggs slightly beaten, nuts and flour. Bake in a thin layer, on a cookie sheet for 10 minutes in a moderately hot oven. When done, cut in strips or squares.

Caramel Cookies

1 cup shortening . . . 2 cups brown sugar . . . 2 eggs, well beaten
½ cup nut meats, chopped . . . 1 teaspoon vanilla . . . 2½ cups flour
¼ teaspoon soda . . . ¼ teaspoon salt

Cream shortening and sugar, add eggs, nuts and vanilla. Sift together flour, soda and salt and mix until stiff. Make a thick roll, wrap in paraffin paper and chill over night. Slice in thin slices with very sharp knife and bake in a moderate oven on a greased baking sheet. Makes six dozen, cut 2½ inches by 1½ inches.

Chocolate Cookies

½ cup shortening . . . 1 cup sugar . . . 1 egg, well beaten . . . ½ cup milk
2 squares chocolate, melted . . . 1½ cups flour . . . 1½ teaspoons baking powder
1 teaspoon vanilla . . . 1 cup walnut meats

Cream shortening and sugar thoroughly. Add egg, milk and chocolate, and mix well. Add flour and baking powder sifted together. Stir well and

add vanilla and walnuts. Drop by spoonfuls on well greased baking sheet and bake, in hot oven, 400° F., 10 to 12 minutes. Makes thirty.

Frosting for Chocolate Cookies

2 cups powdered sugar . . . 1 egg white (do not beat)
2 squares melted chocolate . . . 2 teaspoons cream to moisten

Beat egg white with sugar, add chocolate and cream and then spread on cookies while warm.

Frozen Cookies

1 cup brown sugar . . . 1 cup white sugar . . . 1 cup shortening
1 cup melted butter . . . 3 eggs, beaten . . . 4¾ cups flour . . . ¼ teaspoon salt
2 teaspoons soda . . . 1 teaspoon cinnamon
½ pound almonds, blanched and chopped

Mix sugar and rub into shortening, add melted butter, well beaten eggs and sifted dry ingredients. Knead in the ground almonds, and form into a roll and chill in the refrigerator for two hours. Slice thin and bake in a hot oven 12 minutes—until brown. This mixture is best kept for a day in the refrigerator. Makes five dozen 3-inch cookies.

Fruit Cookies

1½ cups sugar . . . 1 cup shortening . . . 3 eggs . . . 3 cups flour
½ teaspoon soda . . . 2 teaspoons baking powder . . . ⅛ teaspoon salt
1 tablespoon lemon extract . . . 1 cup figs, finely chopped . . . 1 cup dates, chopped
2 cups nuts . . . 1 cup currants, scalded . . . 1 package raisins

Cream the shortening and sugar together. Add the eggs, one at a time, and beat well. Mix and sift together the dry ingredients, add to the creamed mixture, then add flavoring and stir well. Mix in the fruits and nuts. Drop from tip of spoon onto greased baking sheets and bake for 20 minutes in a hot oven. Makes seven dozen cookies.

Fruit Crisps

½ cup shortening . . . 1 cup sugar . . . grated rind of 1 orange
1 tablespoon lemon juice . . . 2 eggs . . . pastry flour . . . candied peel, fruits, nuts

Cream shortening, add sugar, grated orange rind and lemon juice, 1 egg and yolk of another, well beaten. Then add enough sifted pastry flour to form a dough that will knead. Chill over night. Roll very thin and cut in fancy shapes. Brush over with beaten egg white mixed with 2 tablespoons of cold water and decorate with fancy designs, done in strips of candied fruits, peel, etc. Bake until crisp. Makes five dozen 2½ inch cookies.

Fudge Squares

2 egg yolks, well beaten . . . ¼ teaspoon salt . . . 1 cup sugar
⅓ cup melted shortening . . . 2 squares chocolate, melted . . . ⅓ cup flour
1 teaspoon vanilla . . . 1 cup nut meats . . . 2 egg whites, beaten stiff

Add salt and sugar to the beaten egg yolks, then shortening and chocolate, melted together. Stir in flour, vanilla and nut meats. Fold in egg whites, beaten stiff. Bake in a moderate oven (350° F.) for 30 minutes. Cut in squares and remove from pan to cool. Makes twenty 1 inch squares.

Honey Cookies

⅓ cup shortening . . . ½ cup sugar . . . ¼ cup honey . . . ½ lemon (grated rind)
1 egg, well beaten . . . 1½ cups flour . . . 2½ teaspoons baking powder
½ teaspoon salt. . . ¼ cup chopped nuts . . . sugar

Cream shortening and sugar; add honey, lemon rind, egg, then the dry ingredients, sifted together. Mix well and roll out ¼ inch thick. Brush over with white of egg, sprinkle with sugar and nut meats, and cut. Bake on a greased baking sheet until golden brown. This makes eighteen 3 inch cookies.

Honolulu Hermits

1 cup shortening . . . 1½ cups sugar . . . ¾ pound dates, chopped . . . 3 eggs, beaten
2½ cups flour . . . 1 teaspoon cinnamon . . . 1 teaspoon soda . . . ½ teaspoon allspice
1½ cups walnuts

Cream shortening and sugar and add chopped dates. Stir in eggs, then dry ingredients, sifted together. Stir in chopped nut meats and drop from a spoon on a greased baking sheet. Bake in oven (350° F.) for about 15 minutes. This recipe makes about six dozen.

Lace Cookies

1 egg, well beaten . . . ½ cup sugar . . . 1 tablespoon melted shortening
1½ cups rolled oats . . . 1¼ teaspoons vanilla . . . 2 teaspoons baking powder
½ teaspoon salt

Add sugar and melted shortening to beaten egg, stir in the other ingredients and drop from teaspoon on well greased baking sheet. Bake in hot oven (400° F.) 10 to 12 minutes. Makes eighteen.

Oatmeal Sticks

2 cups flour . . . 2 cups quick oats . . . 1 tablespoon sugar
4 teaspoons baking powder . . . 1 teaspoon salt . . . 4 tablespoons shortening
1 egg . . . 1¼ cups milk

Pass the quick oats through meat chopper. Add dry ingredients and mix well. Cut in shortening as for biscuit, mix egg with milk and add to dry ingredients. Turn out on floured board and pat about ¼ inch thick. Cut into pencil strips and roll between the hands. Place on greased cookie sheet, brush with milk and bake 40 minutes in slow oven (350° F.).

Filled Cookies

1 cup sugar . . . 1 cup shortening . . . 1 egg, well beaten . . . 1 teaspoon salt
½ cup sour cream . . . 1 teaspoon vanilla . . . 2 cups flour . . . 1 teaspoon soda

Cream shortening and sugar, add well beaten egg, salt, cream and flavoring. Mix flour and soda together and stir well into mixture. Roll cookies very thin, putting two together with the following filling:

1 cup chopped raisins . . . 1 cup sugar . . . 1 tablespoon flour
½ cup water

Mix these together and cook for 5 minutes. Put a spoonful on the cookie, wet the edge of the cookie with milk, press edge together with fork, bake in hot oven (425° F.) until brown. Makes two dozen.

Nut Molasses Bars

¼ cup boiling water . . . ½ cup shortening . . . ½ cup brown sugar
½ cup molasses . . . 3⅔ cups flour . . . 1 teaspoon soda . . . ½ teaspoon ginger
⅛ teaspoon cloves . . . 1 teaspoon salt . . . ½ cup cocoanut
½ cup English walnuts

Pour boiling water over shortening; add sugar and molasses, sift together flour, soda, spices and salt. Add liquid gradually to dry ingredients. Chill. Roll ⅛ inch thick. Cut in strips 3½ by 1 inch. Sprinkle with cocoanut and English walnuts, cut in small pieces. Bake about 12 minutes in a moderate oven. Makes five dozen strips.

Pineapple Squares

3 egg yolks . . . 1 cup sugar . . . 1 cup crushed pineapple
1 cup graham cracker crumbs . . . ⅔ cup chopped nut meats
3 egg whites, beaten stiff

Beat egg yolks, add sugar, pineapple, finely ground cracker crumbs and nut meats. Fold in stiffly beaten egg whites and bake in shallow pan 20 minutes in a moderate oven. Cut in squares. Makes three dozen 1 inch squares.

Sand Squares

½ cup shortening . . . 1 cup powdered sugar . . . 1 egg yolk . . . 1½ cups flour
½ teaspoon salt . . . . ½ teaspoon cinnamon . . . 2 egg whites
¼ cup granulated sugar . . . ½ teaspoon baking powder . . . chopped almonds

Cream shortening, add powdered sugar and egg yolk and beat well. Work in flour, sifted with salt and cinnamon and roll thin. Beat egg white stiff with granulated sugar and baking powder, and spread over dough. Sprinkle with chopped almonds. Cut out and bake in moderate oven at 350° F., until brown. Makes three dozen.

Swiss Macaroons

1 pound sugar . . . 4 ounces cornstarch . . . 4 ounces ground almonds
12 ounces shredded almonds . . . 2 oranges (grated rind) . . . 2 eggs, well beaten

Sift sugar and cornstarch twice, add the rest of the ingredients, stirring in the beaten eggs. With hands, shape the mixture into balls the size of a walnut and bake on pans covered with oiled paper in moderate oven about 15 minutes. Makes five dozen.

Walnut Wafers

6 teaspoons flour . . . 1 teaspoon baking powder
1 cup brown sugar . . . 1 cup walnut meats, chopped . . . 1 egg, well beaten

Beat egg well and add to the rest of the ingredients mixed well together. Drop from teaspoon in well greased pans and bake in a moderate oven. Remove from pan while hot with a heated and greased spatula. Makes two dozen cookies.

CHAPTER XI

THANKSGIVING DINNERS

MENU 1

Oyster Soup with Parsley Cubes
Roast Turkey with Stuffing *Fluffy Potatoes*
Scalloped Pumpkin *Cranberry Frappe* *Hot Rolls*
Grapefruit Salad
Raisins *Sweet Potato Pie* *Nuts*
Coffee

Oyster Soup

1 quart oysters . . . 1 quart milk . . . 2 tablespoons butter
2 tablespoons flour . . . 1 teaspoon salt . . . pepper

Drain oysters through wire strainer, saving liquor. Wash them in cold water, using 2 cups to each quart oysters. Examine each oyster carefully for bits of shell. Put the reserved liquor on to boil, skim and strain through double cheesecloth. Scald milk, thicken with flour and fat cooked together. Heat oysters in the cleared liquor until they grow plump and edges curl. Combine them with milk mixture and serve. Eight large servings.

Parsley Cubes

4 beaten eggs . . . 4 tablespoons milk . . . ½ teaspoon salt
4 teaspoons chopped parsley

When eggs are beaten thick and smooth, add salt, milk and parsley. Grease a small square dish, pour in the mixture and bake in pan of boiling water in moderate oven until firm. Cut into small cubes and drop several into each soup service.

Roast Turkey with Stuffing

Allow 1 lb. turkey to each serving. Select a turkey that is young and plump.

Cleaning and Dressing—Pick off pin feathers, singe to remove hairs, cut skin near head and push back skin, disjointing head at base of neck. Cut skin around leg one-half inch below leg joint, being careful not to cut

tendons. Break bone with sharp rap and pull off foot. Make an incision below breastbone to tail. Keeping finger well against breastbone, reach carefully into body until heart is reached. Loosen membranes and remove entrails. In this mass are embedded the gizzard, heart and liver which are called giblets. The kidneys and lungs adhere close to the body wall and should be carefully removed. Cut skin on under part of throat and remove windpipe and crop. Remove oil bag and upper part of tail. Wash bird by allowing cold water to run through it, but do not let it soak in the water. Wipe inside and out, looking carefully to see that everything has been removed.

Stuffing: Bird is next stuffed. Use enough to fill the cavity, but do not overstuff, or the skin will crack while roasting. Sew openings together with stout clean thread.

Trussing: Draw thighs and wings close against the body and fasten securely with skewers or tie with string. Draw skin of neck to back and fasten with small wooden skewer.

Roasting: Place turkey, when stuffed and trussed, on its side on rack in dripping pan. Rub entire surface with salt, brush with soft butter or margarine and dredge with flour. Place in hot oven (550°) to sear. When well browned, reduce heat to moderate oven (400° F.). Baste with fat in pan, and add 2 cups boiling water. Continue basting every fifteen minutes until turkey is done, which will require about 4 hours for a ten-pound bird.

Basting: For basting use ½ cup melted butter in 1 cup boiling water, and after this is used, baste with liquor in pan. Turn turkey frequently that it may brown evenly.

Gravy: Pour off liquid in pan in which turkey is roasted. From liquid, skim ¼ cup fat, return the fat to pan and brown it with 5 tablespoons flour. Add slowly 3 cups stock in which giblets were cooked. Or add 2 cups boiling water to dissolve the glaze in bottom of pan and substitute for broth. Cook 5 minutes, season with salt and pepper and strain; add the giblets, chopped very fine. If preferred, the giblets may be used for force meat balls or chopped fine after cooking, and mixed with stuffing.

Giblets: When cleaned and washed, the giblets should be simmered in water enough to just cover them, until tender. They may be served with the turkey if desired, or used with gravy or stuffing.

To Prepare Giblets

Do not use giblets from old fowls, nor from young unless thoroughly sound. Healthy liver has light color and uniform texture. Remove membranes, arteries and clotted blood around heart. Separate gall bladder from the liver, taking great care that bladder is not pierced. Cut fat and membranes from gizzard, make an incision through the thick muscle of

gizzard, being careful not to cut membrane which holds grist. Peel muscle off. Wash giblets and cook until tender with neck and tips of wings, placing them in cold water and heating to boiling point. Stock is to be used for gravy. Cooked giblets themselves may be minced fine and added to the gravy. The smooth legs of a fowl less than a year old may be used. Scald with boiling water and skin and claw cases will peel off like a glove. Place in cold salted water and cook slowly. Three pairs of chicken feet will make a pint of jelly as fine, and just as nutritious as calf's foot jelly.

Bacon Turkey Stuffing

½ cup bacon . . . 12 tiny button onions with a clove in each
½ cup giblets, cooked . . . 5 cups bread crumbs . . . 4 celery tops (chopped)
1 teaspoon salt . . . 1 teaspoon pepper . . . dash of celery salt
1 teaspoon summer savory . . . 1 teaspoon Worcestershire sauce
2 cups giblets or soup stock . . . ½ cup grape juice

Brown bacon, remove from pan and chop. To the hot fat add onions and cook until clear, add giblets, bread crumbs and seasonings. Moisten with liquid in which giblets were cooked mixed with grape juice.

Chestnut Turkey Dressing

2 cups cooked chestnuts . . . 1 cup dry bread crumbs . . . ½ cup hot water
1 teaspoon minced parsley . . . 1 teaspoon grated lemon rind
⅓ cup melted shortening . . . 2 teaspoons salt . . . ¼ teaspoon pepper

Boil chestnuts and while hot put through ricer or mash. Mix crumbs and hot water, let stand for a few minutes. Mix all ingredients and put into turkey.

Poultry Stuffing No. 1

3 cups fine bread crumbs . . . 1½ cups hot mashed potatoes
½ cup celery, chopped fine . . . ¼ pound black walnut meats

Mix these ingredients together. The mashed potatoes should supply all the necessary liquid. If the potatoes are sufficiently seasoned, the stuffing will need no more.

Poultry Stuffing No. 2

4 cups stale bread crumbs . . . 1 teaspoon salt
¼ teaspoon pepper . . . ¾ cup melted butter

Mix ingredients in order given. This rule is sufficient for an eight pound turkey. Fine herbs may be added if desired. If the fowl is very large and a good deal of stuffing is liked the body may be filled with thin slices of bread well buttered, sprinkled with seasoning and dipped lightly in stock.

Turkey Stuffing

2 cups cooked chestnuts . . . 1 cup dry bread crumbs
½ cup hot water . . . 1 teaspoon minced parsley
1 teaspoon grated lemon rind . . . ⅓ cup shortening, melted
2 teaspoons salt . . . ¼ teaspoon pepper

Boil chestnuts and drain them. While hot, press through ricer or mash them. Mix crumbs and hot water, let stand few minutes. Then mix all ingredients together, and stuff into the turkey.

Fluffy Potatoes

Boil and mash potatoes as usual. Season with hot milk, butter or margarine, salt, pepper and paprika. Beat well till fluffy and quite soft. Then, when just ready to serve, beat up an egg white stiff and fold it into the potatoes. Pile them high in a serving dish and slip under broiler to brown. Serve with a depression in center, filled with melted butter.

Scalloped Pumpkin

1 cup cooked pumpkin . . . ¼ teaspoon salt . . . ⅛ teaspoon pepper
⅛ teaspoon ginger . . . 2 tablespoons melted shortening
1 cup fine bread crumbs . . . 2 well beaten eggs

Mix the pumpkin, seasonings, fat and half the crumbs. Add eggs and spread in shallow greased baking dish. Sprinkle rest of crumbs over top. Bake 40 minutes in moderate oven (400° F.).

Cranberry Frappe

1 quart cranberries . . . 2 cups water . . . 1 teaspoon ginger
Juice of one lemon and one orange . . . 2 cups brown sugar

Cook cranberries in the cold water until they burst. Add ginger, lemon and orange juice. Strain and add brown sugar. Freeze to a soft mush. Serve with the turkey course, in glass cups.

Grapefruit Salad

1 large grapefruit . . . 2 small green peppers . . . 1 cup celery
1 teaspoon pimiento . . . 1 tablespoon nut meats

Cut grapefruit in half, remove skin and cut in sections. Place four sections, cross-shape on bed of lettuce on individual salad plates. Combine finely shredded peppers, discarding seeds, with pimiento, chopped nuts and diced celery. Moisten with French dressing. Place small amount of this mixture in center of each grapefruit cross.

Sweet Potato Pie

1 cup mashed sweet potatoes . . . ½ cup cream . . . ½ cup milk
1 egg slightly beaten . . . ¾ cup sugar . . . 1 teaspoon ginger
½ teaspoon salt . . . ½ teaspoon cinnamon

Add milk and cream to well mashed sweet potatoes. Next add egg, then stir in the dry ingredients already combined. Bake in a pastry-lined pie plate in moderate oven about 40 minutes, until mixture is set and browned.

MENU 2

Roast Chicken with Chestnut Stuffing
Grilled Sweet Potatoes *Celery au Gratin* *Cranberries*
Tomatoes Stuffed with Mushrooms
Hot Rolls
Coffee *Pumpkin Pie* *Nuts and Raisins*

Roast Chicken with Chestnut Stuffing

Dress, clean, stuff and truss a four-pound chicken. Rub with salt and pepper, and place in roasting pan. Cover breast and legs with paste made by rubbing together 3 tablespoons butter and 2 tablespoons flour. Dredge bottom pan with flour. Place chicken in hot oven (550° F.) to sear. Baste with ¼ cup butter or bacon fat melted in ½ cup boiling water. Reduce heat of oven to 400°, continue baking, and baste every ten minutes until tender. If water dries from pan, add more. Takes about 1¼ hours to roast 4-lb. chicken.

Gravy: Pour off liquid from pan in which chicken was roasted. Let it settle, remove 4 tablespoons of the chicken fat and place back in pan. Heat, and add four tablespoons flour. When browned together, add slowly 2 cups broth in which giblets were cooked, season with salt, pepper and paprika. Chop giblets very fine and add to gravy. Serves 6.

Chestnut Stuffing

1 pound Italian chestnuts . . . 1 cup bread crumbs
½ cup shortening . . . 1½ teaspoons poultry seasoning
½ cup seeded raisins . . . seasoning

Blanch chestnuts, boil till tender, put through ricer. Add other ingredients, seasoning with salt, pepper, celery salt, sugar and cayenne to taste. Mix well. Excellent for all poultry and game.

Grilled Sweet Potatoes

Slice previously cooked sweet potatoes lengthwise. Place in shallow pan, season with salt, pepper, and melted butter and grill under broiler until browned.

Celery Au Gratin

1½ cups diced celery . . . 3 tablespoons chopped green pepper
1 cup water . . . 1 cup cooked macaroni . . . ½ cup grated cheese
1 tablespoon shortening . . . 1 tablespoon flour . . . 1 cup milk
½ teaspoon salt . . . ⅓ cup buttered bread crumbs

Cook celery in salted water with the peppers. Drain and mix with the macaroni. Make a white sauce of the other ingredients, reserving bread crumbs for top. Mix the sauce with other mixture and put in greased casserole. Cover with the crumbs and bake 30 minutes in moderate oven (375°). Serves 6.

Tomatoes Stuffed with Mushrooms

Remove centers from whole tomatoes. Mix pulp with chopped broiled or fried mushrooms and finely chopped onions and parsley. Moisten with mayonnaise, and stuff back into the tomato shells.

Pumpkin Pie

1 cup mashed pumpkin . . . 1 teaspoon salt . . . 1 saltspoon mace
½ teaspoon cinnamon
⅔ cup sugar . . . 1 egg . . . ½ cup scalded milk . . . ½ cup scalded cream

Line a deep pie plate with plain paste. A rim or puff paste may be laid around the edge. Combine first four ingredients. Beat egg and mix with sugar, pour milk and cream into this slowly. Combine pumpkin mixture and pour into pie. Bake in moderate oven 35 to 40 minutes, after the first 10 minutes in a hot oven. Makes one pie.

MENU 3

Fruit Cup, Mint Jelly Top
Braised Turkey *Spiced Cranberries*
Scalloped Oysters *Tomato Custards* *Radish Roses*
Grapefruit and Date Salad
Coffee *Squash Pie* *Nuts* *Candy*

Fruit Cup, Mint Jelly Top

Combine the desired fruits and chill well. Make a collar for the sherbet cups in which served, by inverting the cup over a small paper doily of lacy design, and tracing around the cup. Carefully cut out this circle, then slip the collar over the cup. Fill with the fruit, and top off with mint jelly. Serve very cold.

Braised Turkey

Prepare as for roasting, brown lightly in frying pan or quick oven. Remove to braising pan and braise with onions, sweet herbs and vegetables. Cover and cook slowly 4 hours, or till tender. Allow ¾ lb. raw turkey per person if vegetables are used.

Spiced Cranberries

1 quart cranberries . . . 1 cup boiling water
2 cups sugar . . . ½ cup cold water . . . 2 sticks cinnamon
24 whole cloves . . . 6 allspice berries . . . speck of salt

Cook cranberries in boiling water. Put through strainer and add remaining ingredients, except salt. Bring to boil. Let simmer 15 minutes. Add salt, and turn into wet mold.

Scalloped Oysters

1 pint oysters . . . ½ cup shortening . . . 1 cup grated bread crumbs
½ cup coarse cracker crumbs . . . 1 teaspoon salt . . . ⅛ teaspoon pepper
1 cup oyster liquid

Drain and clean oysters, save liquor. Rub pudding dish with cold butter, sprinkle bottom with layer bread crumbs. Mix rest of bread and cracker crumbs and stir in the shortening. Arrange oysters and bread in alternate layers, seasoning each with salt and pepper. Pour oyster liquor over ingredients, bake 25 to 30 minutes in quick oven (450°). Serves 6.

Tomato Custards

4 cups tomatoes . . . 1 sliced onion . . . 1 bayleaf
1 sprig parsley . . . 1 teaspoon salt . . . ¼ teaspoon pepper . . . 3 eggs

Boil all ingredients together except eggs for 20 minutes. Put through coarse sieve. Add water to make 2 cups puree. Add beaten eggs, pour into greased custard cups standing in shallow pan of water. Bake till firm, about 20 minutes in moderate oven (375°). Turn out and serve with cream sauce, to which peas or cheese or anchovy paste has been added. Serves 6.

Grapefruit and Date Salad

Mix equal amounts of grapefruit and dates. Marinate for 15 minutes in French dressing. Then add enough of the following dressing to moisten it well: one-half cup grape juice and 4 tablespoons powdered sugar to one cup whipped cream.

Squash Pie

Yellow, hard-shelled squash makes pies that taste almost identical to pumpkin pies, and it is often easier to obtain. Stew, steam or bake the squash about an hour, scoop it out of shell and make sure the squash is as dry as possible, free from watery look.

1½ cups cooked squash . . . ⅔ cup brown sugar
1 teaspoon each salt and cinnamon . . . ½ teaspoon ginger
2 eggs . . . 2 cups milk . . . 2 tablespoons butter

Put the squash through a sieve, add rest of ingredients in order given, beating eggs slightly. Line a deep large pie pan with paste (made ⅓ fat

to flour) and pour filling into it. Bake in hot oven (450°) for 10 minutes, then at 325° until custard is baked properly. Try it with knife blade inserted, done when knife comes out clean. Serve with topping of sweetened whipped cream, sprinkled with finely chopped nut meats.

CHAPTER XII

CHRISTMAS DINNERS

MENU 1

Oyster Cocktail
Roast Beef, Yorkshire Pudding *Gravy*
Stuffed Egg Plant *Plum Jam* *Mashed Potatoes*
Pimiento Salad *Crackers*
Nuts *Apple Pie—Cheese* *Coffee*

Oyster Cocktail

Oysters . . . 2 tablespoons tomato catsup . . . 1 tablespoon horseradish
1 tablespoon Worcestershire sauce . . . 1 tablespoon vinegar
1 tablespoon lemon juice . . . ½ teaspoon minced onion . . . ½ teaspoon salt
½ teaspoon Tabasco sauce

Mix ingredients. Keep in refrigerator for several hours and serve 1½ tablespoons for every five oysters. Serve 5 oysters to each cup.

Roast Beef

Use prime cut of beef. Trim, and wipe meat with damp cloth. Lay in uncovered roaster on rack, sear in hot (500°) oven about 15 minutes. Dredge with flour, season with salt and pepper and continue roasting until tender, lowering temperature to 400°. Leave uncovered until well browned, then cover.

Yorkshire Pudding

2 eggs . . . 1 cup milk . . . 1 cup sifted flour . . . ¼ teaspoon salt

Mix dry ingredients, add milk gradually to make smooth paste, then add eggs very lightly and fluffily beaten. About half hour before meat is done, pour the batter into the dripping pan below the rack, allowing the meat juices to drip over the batter. Cut in small squares and serve piled on platter around meat.

Stuffed Egg Plant

1 egg plant . . . 1 cup bread crumbs . . . ½ cup crushed pineapple
2 tablespoons shortening . . . ⅛ teaspoon nutmeg . . . 1 egg, beaten
Milk . . . salt and pepper

Cut egg plant in two, cover with salted water and parboil. Drain and scoop out pulp from center. Add crumbs, pineapple, shortening, nut-

meg, egg, milk to moisten and seasonings, to egg plant shells, crumb the top and brown in moredate oven. If egg plant is large, serves 6.

Pimiento Salad

2 tablespoons gelatine . . . 4 tablespoons cold water . . . 2 cups boiling water
2 tablespoons vinegar or lemon juice . . . 1 teaspoon sugar . . . ½ teaspoon salt
½ teaspoon mustard . . . ¼ teaspoon paprika . . . 1 cup celery (chopped)
1 cup cabbage (shredded) . . . ½ green pepper (chopped)
2 slices pimiento (chopped)

Soften gelatine in cold water and dissolve in two cups boiling water. Add vinegar, sugar, and seasonings. Just before it sets add vegetables and pimiento. Turn into mold and chill for 2 hours. Serves 6.

Plain Pastry

1½ cups flour . . . ½ teaspoon salt
½ teaspoon baking powder . . . ½ cup shortening . . . cold water

Sift dry ingredients and cut in shortening with two knives, or pastry blender. Add just enough water to soften dough. Toss on board, dredged sparingly with flour. Roll out lightly, keeping the paste as circular in form as possible. Line pie pan very lightly to avoid stretching, pricking thoroughly to avoid puffing. Bake at 450° F. This will make 2 crusts. For filled pies, bake at temperatures given in recipes.

Apple Pie

1 recipe for plain paste . . . 5 or 6 apples . . . ½ cup sugar
1 teaspoon shortening . . . ½ teaspoon cinnamon . . . few gratings nutmeg

Divide the paste, line the plate, prepare the top sheet. Pare, core and cut the apples into eighths. Pile into pie pan as high above the edge as the bottom of the plate is below. Add sugar and spices mixed together, dot with shortening, brush the rim of paste with cold water. Lay the top paste over and press edges together firmly. Bake 40 to 45 minutes in moderate oven (375°). This will make one pie.

MENU 2

Chicken Bouillon *Spinach Balls*
Roast Turkey *Sausage Stuffing* *Potatoes*
Hungarian Cauliflower *Grape Juice Freeze*
Pineapple and Green Pepper Salad
Mints *Mince Pie* *Coffee*

Chicken Bouillon

This may be either canned or freshly made. It is simply strained, clear chicken soup stock. Serve with spinach balls.

Spinach Balls

Equal amounts of finely chopped spinach and very fine dry bread crumbs. Season highly with pepper, salt and cayenne. Add enough white of egg to moisten well, then stand aside to stiffen. Shape in balls size of a hickory nut; poach in hot soup for five minutes, and serve with clear soup.

Roast Turkey, Sausage Stuffing

For directions for roasting turkey, see Thanksgiving Menu 1.

Sausage Stuffing

2 tablespoons chopped onion . . . 2 tablespoons shortening . . . ½ pound sausage meat
2¼ cups mashed potatoes . . . 1 cup bread crumbs . . . 1 tablespoon parsley, minced

Fry the onion in the shortening until transparent, add sausage meat and cook 5 minutes. Mix in mashed potatoes, bread crumbs and parsley. Stuff into turkey cavity, and sew bird.

Hungarian Cauliflower

1 head cauliflower . . . 1 cup bread crumbs . . . 1 cup sour cream
Salt and pepper

Prepare and cook cauliflower in salt water until tender. Cover with bread crumbs, pour sour cream over, season and bake until crumbs are brown. Serves 6.

Grape Juice Freeze

Flavor diluted grape juice with orange and lemon juice, sweeten with sugar, and freeze in ice and salt mixture 4 to 1, until of mushy consistency. Serve with meat course in glass sherbet cups.

Pineapple and Green Pepper Salad

Stuff a green pepper with well seasoned cream cheese and chill. When ready to serve put on each plate a few crisp leaves of lettuce; on lettuce put one teaspoon boiled dressing. Lay one slice of canned pineapple on the dressing and a thin slice of the stuffed pepper cut in a ring on the pineapple. Sprinkle a little paprika on the slice of stuffed pepper.

Mince Pie

Make enough pie paste for two crusts. Line the bottom of a deep pie tin with the paste, fill it full to overflowing with prepared mincemeat, put on top crust which has been cut in several places to allow steam to escape.

Bake at 450°, hot oven, 10 minutes, reduce heat of oven to 425°, slightly lower, and continue baking until pie is nicely browned—about ½ hour.

Mince meat is often prepared at home for the holidays, according to the family recipe.

MENU 3

Chestnut Soup *Croutons*
Roast Duck *Fruit Dressing* *Mashed Potatoes*
Baked Carrots *Hot Biscuits* *Apple Jelly*
Cherry and Cheese Salad
Raisin-Cranberry Pie

Chestnut Soup

2 cups chestnuts, shelled and blanched . . . 3 cups cold water . . . 2 cups scalded milk
2 tablespoons onion, sliced . . . 4 tablespoons shortening . . . 2 tablespoons flour
⅛ teaspoon celery salt . . . salt . . . cayenne . . . nutmeg . . . 1 cup milk or cream

Place chestnuts in cold water, bring to boiling point and cook until tender, press through a sieve, and add scalded milk. Cook onion in shortening 5 minutes, add flour, seasonings and chestnut mixture. Cook 5 minutes, add milk or cream, strain and serve.

Note.—To shell chestnuts, make a cross on either side of the nut with a sharp knife. Put one teaspoon melted shortening in dripping pan; add chestnuts and cook in oven until shells come off easily. Serves 8.

Croutons

Cut one-third inch slices of stale buttered bread, from which crusts have been removed, into one-half inch cubes, brown in oven.

Roast Duck, Fruit Dressing

Clean duck and roast until tender after filling with fruit dressing. Given amount fills two good-sized ducks. Do not pack too closely, as dressing swells.

2 apples . . . ½ pound large stoned prunes . . . ¼ cup seeded raisins
¼ cup cracker crumbs . . . ½ teaspoon sugar . . . ¼ teaspoon salt . . . 1 egg

Core, pare and slice apples, dropping them into salted water to keep them white. Pour boiling water over prunes, and when swollen remove stones. Add raisins, crumbs, sugar, salt and beaten egg to prunes, chopped fine, then add apples. Mix and stuff into the ducks before roasting them.

Excellent Stuffing for Duck

1½ cups bread crumbs . . . pepper and salt . . . 1 tablespoon shortening, melted
2 eggs . . . 1 cup cooked apples, cut in dice . . . 1 cup currants . . . ½ cup raisins

Combine bread crumbs, seasonings, shortening and eggs. Add fruit and stuff the duck. Serve with glazed apples; garnish with parsley.

Olive Sauce for Roast Duck

1 cup olives soaked in hot water for 20 minutes (to extract salt). Pare round and round through to stone keeping flesh in one curling piece. Add to one cup white sauce and cook 8 minutes.

Onion Dressing

Giblets . . . 2 cups stale bread . . . 1 large onion, minced
1 cup celery, chopped fine . . . 1 tablespoon poultry seasoning . . . salt and pepper

Cook giblets until tender, in water to cover, then chop fine. Break bread into small pieces, then add other ingredients in order given, seasoning to taste. Moisten with liquid in which giblets were cooked. Stuff fowl and roast. If no dressing a whole orange may be baked inside the duck. This adds flavor all its own.

Orange Stuffing for Duck

3 cups dry bread crumbs . . . 1 cup diced apple . . . ½ cup seedless raisins
4 teaspoons sugar . . . ⅔ cup orange juice . . . ¼ cup melted shortening
Salt and pepper

Mix ingredients in order given and season to taste with salt and pepper. Garnish the duck with parsley and sections of orange, dipped in thick sugar syrup. Serve with the duck an orange sauce, made by adding ½ cup drained orange juice to two cups gravy. A whole orange baked in duck and removed when duck is cooked absorbs strong odor and flavors duck as well.

Orange Salad

For six persons pare four rather acid oranges, slice them very thin, cutting down the sides instead of across, and sprinkle with sugar. Mix one tablespoon grape juice with one of cider vinegar and one of lemon juice and pour it over the fruit. Set on ice an hour before using. Serve before a game course.

Stuffing No. 2 for Ducks

1 cup bread crumbs . . . 2 minced sage leaves . . . ¼ teaspoon salt
⅛ teaspoon pepper . . . 3 chopped shallots . . . 1 teaspoon parsley
¼ cup butter

Mix ingredients in order they appear.

Baked Carrots

4 cups carrots . . . 1 cup stale bread crumbs . . . 1 tablespoon onion, minced
3 tablespoons melted shortening . . . ¼ teaspoon pepper
4 tablespoons grated cheese

Boil carrots in salted water until tender. Drain and mash well. Add bread crumbs, onion, shortening and pepper and mix. Put into greased baking dish and cover with cheese. Bake in moderate oven (375°) for 15 minutes. Serves 8.

Cherry and Cheese Salad

3 green peppers . . . 3 tablespoons cream cheese
½ cup canned cherries . . . 2 tablespoons chopped nuts

Cut green peppers in halves and remove the seeds and membranes. Mash cream cheese and add drained canned cherries, finely choppd, sufficient of the cherry syrup to slightly moisten the cheese and nut meats. Pack the mixture into the halved peppers, chill on the ice and with a sharp knife cut in thin slices lengthwise. Serve two slices as a portion, laid on three halves of romaine. Dress with French dressing.

Raisin-Cranberry Pie (Mock Cherry)

¾ cup sugar . . . 2 tablespoons flour . . . 1 cup cranberries, cut in halves
½ cup raisins, seeded and cut in pieces . . . 2 tablespoons shortening

Cover the bottom of a pie plate with paste. Reserve enough for upper crust. Fill with ingredients mixed in order given. Bake 30 minutes in moderate oven. Some prefer more sugar. Makes 1 pie.

MENU 4

Bisque of Crab
Stuffed Ham *Chestnut Stuffing*
Sugar Potatoes *Carrots and Celery*
Pineapple and Cress Salad
English Plum Pudding

Bisque of Crab

4 large crabs . . . 1 cup rice . . . 3 pints white stock
1 tablespoon shortening . . . 1 tablespoon flour . . . 1 cup cream
½ teaspoon salt . . . few grains pepper

Wash and boil live crabs, open them and take out meat. Cut fine and pound to a paste. Add the washed rice and crabs to the stock and simmer thirty minutes. Rub through a sieve. Bind with shortening and flour cooked together; add cream and seasonings, reheat and serve. Serves 6.

Stuffed Ham

Soak a 10 or 12-pound ham in cold water over night; in the morning, wash and trim carefully. Remove the bone and fill with stuffing. Sew up the slit where the bone was taken out and bind the ham firmly in a strong piece of cotton. Cook slowly for 3 or 4 hours and cool in the bandage. When cold, remove the bandage, the rind and brown fat. Sprinkle with sugar and fine crumbs. Bake 1 hour in a slow oven. Serves 16 to 20.

Chestnut Stuffing

1 pound chestnuts . . . 6 truffles . . . 1 can mushrooms . . . 1 slice raw ham
1 ounce mustard seed . . . 2 cucumber pickles . . . ¼ teaspoon allspice
¼ teaspoon cloves . . . 2 tablespoons minced parsley . . . 1 tablespoon onion, minced
1 egg, slightly beaten . . . 1 teaspoon salt

Boil the nuts till tender enough to chop fine; cut the truffles into strips and chop all the other ingredients. Add seasonings and spices, bind all together with a raw egg.

Sugar Potatoes or Candied Yams

6 sweet potatoes . . . 1 cup white sugar
¼ cup water . . . 1 teaspoon butter

Parboil, peel and cut potatoes in ¼ in. slices. Cook other ingredients to form syrup. Place slices of potato in syrup and simmer gently for 1 hour, then let syrup boil away until it is almost dry. Serve with meats. Serves 6.

Carrots and Celery

Cut carrots, after scraping, in slivers 3 in. long. Boil in salted water. Prepare celery by washing and cutting it in cubes. When carrots are half cooked, add the celery and finish cooking together. Drain. Season with salt, pepper, butter and a little cream.

Pineapple and Cress Salad

This is a beautiful jellied salad, made in three layers. Make up two recipes of lemon jelly-powder, allow it to begin to set. To ⅓ of it add shredded pineapple and pour into a previously rinsed square or oblong pan. Allow to partially set. To another ⅓ add chopped watercress in large quantity, and pour on top of the first layer. Finish with another layer of pineapple, using up the rest of the jelly mixture with it. Let harden. Turn out, cut in slices and serve on lettuce with green mayonnaise.

English Plum Pudding

1 pound seeded raisins . . . 1 pound currants . . . ½ pound citron
½ pound lemon peel . . . ½ pound orange peel . . . 1 quart fine bread crumbs
2 cups flour . . . 1 teaspoon cinnamon . . . 1 teaspoon allspice . . . 1 teaspoon nutmeg
½ teaspoon cloves . . . 1 pound suet, chopped very fine
2 cups light brown sugar . . . 8 eggs, well beaten . . . 1 cup milk

Pick over and wash the raisins and currants. Cut the citron, lemon and orange peel into thin pieces. Mix the dry ingredients together and add the suet, sugar and fruit. Mix in the eggs and milk, beating well, and pour into three quart bowls. Steam for 10 to 12 hours. Long steaming greatly adds to the quality of this pudding.

MENU 5

Roast Fresh Ham *Currant Jelly*
Potato Balls *Brussels Sprouts with Grapes*
Orange and Escarole Salad
Ginger Ice Cream

Roast Fresh Ham, Currant Jelly

Allow ½ lb. raw meat per person. Trim, wipe, and score the ham. Make cut just below knuckle, slide knife up along the bone and turn it outward, making a half-dozen cuts two-thirds up to the skin and fill with stuffing. Sprinkle ham with salt, pepper and flour. Sear in hot oven, then lower temperature to slow moderate oven (325°) for an hour, increasing to 400° to finish baking. Half hour before serving, sprinkle with sugar and cracker crumbs, and serve with currant jelly.

Brussels Sprouts with Grapes

1 quart Brussels sprouts . . . 1 cup green Malaga grapes

Soak the sprouts in cold salt water 15 minutes, after removing outer leaves. Drain and cover with boiling water, cook until tender. Pick the grapes from stem, wash, halve and seed them, and add to the sprouts after cooking for 10 minutes. Finish sprouts and grapes together. Drain, season with salt, pepper and butter. Serves 6.

Orange and Escarole Salad

Combine cut-up oranges and coarsely chopped escarole in equal quantities, moisten with French fruit dressing. Serve on crisp, cold lettuce leaves.

ADDITIONAL SPECIAL CHRISTMAS RECIPES

Here will be found all of those delightful cakes, cookies and other foods associated with the Christmas celebration the world over.

CHRISTMAS CAKES

Christmas Fruit Cake or Dark Wedding Cake

1 lb. shortening . . . ½ lb. light brown sugar . . . ½ lb. cane sugar
1 cup egg yolks, well beaten . . . 2 tablespoons molasses
1 cup sour milk or cream . . . 1¼ lbs. pastry flour
2 teaspoons nutmeg, cloves, allspice, cinnamon . . . ½ cup grape juice
4 teaspoons baking powder . . . 1 teaspoon baking soda
1 lb. each: seedless raisins, citron, and shelled nuts (almonds, hickory, pecans, Brazil and walnuts)
¼ lb. each: candied ginger, cherries, pineapple, prunes, orange and lemon peel, and dates
1 cup egg whites, beaten stiff

Chop the fruit and nuts together and dredge with flour. Then make up the rest of the ingredients into regulation cake batter, creaming sugar and shortening, adding egg yolks, then combined dry ingredients, molasses

with sour milk. It is good idea to brown ⅔ of the flour in oven before using. When batter is ready, add the chopped fruit, and fold in the stiffly beaten egg whites. If accessible, it improves the flavor to add cooking sherry to the fruit, letting it stand that way over night. Bake in loaf or large tube cake pans, in slow oven. Baked in one cake pan, takes 4 hours to bake.

Cake should be made several weeks before using. Keep it wrapped in wax paper in tin boxes. Top of cake may be decorated with candied fruit and nuts and covered with a sugar glaze. (See page 173.)

Light Fruit Cake

⅔ cup shortening . . . 2 cups flour, sifted . . . ⅓ teaspoon soda
½ cup candied orange peel, chopped . . . ⅔ cup Sultana raisins
⅓ cup walnut meats, chopped . . . 7 egg whites, beaten stiff
1¼ cups powdered sugar, sifted . . . 1 teaspoon vanilla

Cream shortening very carefully, and add flour and soda sifted together, also fruits and nut meats. Beat egg whites very stiff and gradually add sugar. Combine the two mixtures, add vanilla and pour into a well greased and floured loaf cake pan. Bake in a moderate oven (350° F.) for 1 hour.

Butternut Fruit Cake

¼ cup shortening . . . 1 cup brown sugar . . . 2 tablespoons molasses . . . 2 eggs
1 cup chopped raisins . . . 1 cup chopped butternuts
¼ pound citron, cut very fine . . . 2½ cups flour . . . 1 teaspoon soda
1 teaspoon each cinnamon, cloves and nutmeg . . . 1 cup sour cream

Cream the shortening and sugar. Add the molasses and the eggs one at a time. Blend thoroughly and add the fruit and nuts. Add the mixed and sifted dry ingredients alternately with cream and beat all ingredients thoroughly. Bake in a well greased paper lined cake pan in a moderate oven about 1 hour. After the first half hour, reduce the heat, and cover the pan with a sheet of paper to keep the top of the cake from getting too well done before it is baked through.

Pound Cake

½ cup shortening . . . 1 cup fine granulated sugar . . . 4 eggs . . . ¼ cup milk
1½ cups flour . . . ½ teaspoon salt . . . 1½ teaspoons baking powder
Flavoring to taste

Cream the shortening and sugar thoroughly. Add one egg at a time, beating the mixture well continually. Add all the milk, stir well and then stir in the dry ingredients sifted together. Grease paper and line a loaf pan with it and bake in a slow oven 1 hour. The cake may be flavored with mace and vanilla or with a teaspoon of lemon juice.

Virginia Fruit Cake

Cream 1 cup sugar with ½ cup margarine. Add ½ cup finely chopped nuts, ½ cup finely sliced citron, ½ cup white seedless raisins, 1 tablespoon orange peel. Mix and sift 2 cups flour with 2 teaspoons baking powder and ½ teaspoon salt, and add it to first mixture alternately with ½ cup buttermilk or sour milk to which ¾ teaspoon baking soda has been added. Flavor with 1 teaspoon lemon extract. When all mixed together thoroughly fold into the batter the stiffly beaten whites of 4 eggs. Bake slowly (325°) in 1 large loaf pan.

If desired, decorate the top of the cake with blanched almonds after it is cooked, also with candied fruits.

Clove Cake

½ cup shortening . . . 1 cup brown sugar . . . 2 eggs . . . ¼ cup sweet milk
½ cup flour . . . ½ teaspoon soda . . . ½ teaspoon ground cloves
¾ cup chopped raisins

Cream shortening and sugar; drop the eggs in (not beaten), add milk, then part of the flour, then the fruit and the soda and rest of the flour. Bake in loaf pan in moderate oven, 35 minutes.

Hickory Nut Cake

1 cup shortening . . . 2½ cups sugar . . . 5 eggs . . . 3½ cups flour
4 teaspoons baking powder . . . 1 cup milk . . . 2 cups hickory nut meats
½ pound citron . . . 1 pound raisins . . . 1 ounce candied lemon peel
1 ounce candied orange peel

Cream the shortening and sugar until well blended and then add the eggs one at a time, beating thoroughly. Add the dry ingredients sifted together and milk alternately and then fold in the fruit and nuts. Mix thoroughly. Line two cake (shallow) pans with paper. Bake the cake in two thin sheets in a slow oven for 1 hour. If baked in a large loaf, bake for 1 hour in a slow oven and then cover the top of the pan with a sheet of paper to keep the top from browning before the inside is thoroughly baked.

Prince of Wales Cake

This is the English variation of the recipe.

PART I.

½ cup shortening creamed with 1 cup brown sugar
Add 2 tablespoons dark molasses, then beat in the unbeaten yolks 3 eggs
To 2 cups flour add: 1 teaspoon cloves, 1 tablespoon cinnamon, 1 cup chopped raisins (or mixed currants and raisins) and add the dry ingredients to the creamed mixture alternately with:
½ cup sour milk, in which has been dissolved 1 teaspoon baking soda

Bake in deep pan, well greased and floured, with wax paper in the bottom of it. Slow oven (325°), bake for 45 minutes.

PART II.

While above batter is baking prepare the following, which is to be baked on top of it:

Cream ½ cup shortening with 1 cup sugar. Mix together 1 cup flour, ½ cup cornstarch, 1 teaspoon cream of tartar and ½ teaspoon baking soda. Add to the creamed mixture, alternately with ½ cup milk, then beat in stiffly beaten whites of 3 eggs.

When Part I of the cake has baked ¾ hour, pour Part II over it, and continue with the baking until done.

If desired, water frosting may be used.

Extra Moist Fruit Cake

1½ cups margarine creamed with 3 cups dark brown sugar. Add 1 lb. each of raisins and currants, ¾ lb. thinly sliced citron. Mix and sift 4 cups flour, 1 teaspoon each soda, baking powder and cloves, 1 tablespoon cinnamon. Add it to the creamed mixture alternately with ½ cup sour milk mixed with ½ cup molasses and ¼ cup sour cherry juice. Fold in the stiffly beaten whites and yolks of 7 eggs, whites and yolks beaten separately, the whites stiff and the yolks till lemon-colored.

Line a square pan with greased paper, pour in the batter, and bake 2 hours in slow oven (325°). Test with toothpick. When cool, wrap in towels and put the cake away in a tin box till you want to use it.

Pork Cake

1 lb. finely chopped fat salt pork . . . 1 pt. (2 cups) strong hot coffee
1 tablespoon baking soda dissolved in little hot water . . . 1 cup light molasses
2 cups dark brown sugar . . . 1 teaspoon each: cinnamon, allspice or nutmeg, ginger and mace
1 lb. chopped seeded raisins . . . 1 lb. currants . . . ½ lb. chopped nuts
¼ lb. shredded or sliced candied peels . . . about 9 cups pastry flour

Pour boiling coffee over the chopped pork, let stand to melt. Add the soda, then molasses, sugar and spices and beat together.

Stir in flour alternately with the fruit, and again beat well.

Bake 2½ hours in slow oven (300°). Makes 2 large loaves of cake. Put away when cool, well wrapped, in tin box or crock.

Pound Cake

Cream ⅔ cup shortening with 2 cups sifted flour. Add 1 teaspoon baking powder and ½ teaspoon salt to 1 cup eggs (takes about 5) before

beating; then beat eggs very light, gradually add to them 1½ cups sugar, beat well together, then combine with the flour paste, mixing well. Add flavoring and 1 tablespoon water, and beat the whole mixture well. Turn into a greased bread pan, and bake in slow moderate oven (325°) for at least an hour. This is a quick pound cake.

Simnel Cake

2 cups margarine . . . 2¼ cups brown sugar . . . 6 eggs . . . 3 tablespoons milk
½ teaspoon each of cinnamon, mace and ginger . . . 5½ cups flour
2 teaspoons baking powder . . . 1 lb. chopped raisins . . . ½ lb. currants
⅛ lb. sliced citron . . . ½ lb. almond paste (do not add to batter)

Combine the batter as for any fruit cake.

Now, this is where this cake is different from other fruit cakes. After the cake batter is mixed together, beat it hard for 10 minutes. Then spread half of it in a greased and floured cake pan, cover with a layer of the almond paste rolled thin and cut large enough to come almost to the edges of the cake. Then spread the rest of the cake batter over the paste.

Bake the cake in slow oven (300°) for about 3 hours; or it may be steamed for 2½ hours. Ice it with water and sugar icing, but not until after the third day after the cake is baked. Store in crock or tin box.

Pecan Cake

1 lb. seeded raisins . . . 1 lb. shelled pecans . . . ½ cup cut candied orange peel
2 cups pastry flour . . . 1 teaspoon nutmeg . . . ½ teaspoon baking powder
¾ cup shortening . . . 1 cup sugar . . . ¼ cup molasses
½ cup grape juice . . . 3 eggs

Combine as for regular fruit cake. Pour into greased and papered baking pan, bake 3 hours at 275°. Makes a four-pound cake.

CHRISTMAS COFFEE CAKES

Christmas Coffee Cake with Cardamon

1 quart milk . . . ½ cup shortening . . . 1½ cups sugar . . . 1 teaspoon salt
⅓ cup water, lukewarm . . . 1 yeast cake . . . flour
1 teaspoon ground cardamon seed . . . 1 cup seedless raisins
½ cup citron, cut fine

Heat milk and add shortening, sugar and salt. Cool to lukewarm, then add yeast which has been dissolved in the lukewarm water. Add sufficient flour to make a thick batter. Set aside in a bowl, in a warm place, to rise. When very light, add more flour to make a stiff dough, adding also cardamon seed, raisins and citron. Knead and bake like bread. This makes four loaves.

Propheten Kuchen

1 cup sugar . . . ½ cup shortening . . . 3 egg yolks, beaten . . . ¼ cup milk
2 cups flour . . . 4 teaspoons baking powder . . . 3 egg whites, beaten stiff
¼ cup butter . . . 1 teaspoon cinnamon . . . ¾ cup sugar . . . ¼ cup flour

Cream the shortening and sugar together. Add the yolks of the eggs, milk, then flour, sifted with baking powder, and fold in egg whites. Spread in a greased baking pan and cover the top with a mixture of the other ingredients rubbed well together with fingers until crumbs are formed. Bake in moderate oven (350° F.) for 25 minutes. Recipe makes 16 servings.

COOKIE JAR DAYS

"Remember way back when"—you were in school, and came tearing into the house about 3 o'clock, bringing several friends with you, all of you starved to death? And you raided the cookie jar! Those were the days when mother had an eye to the appetites of youthful size, and kept the old cookie jar amply filled!

They were never the same kind of cookies, exactly. Sometimes they were gingerbread men; again they were the great big round, soft molasses kind, with a raisin plum in the middle; or they were thick, sugar-covered ones; or spicy and nutty rocks; all kinds of cookies for hungry kiddies!

And oh, the joys of Saturday mornings, when all these delightful things were in the process of making—and if you were good and minded mother, *maybe* you could have a tiny batch of dough all your own, to roll out and cut in shapes as fancy dictated! You could put the pan in the oven all by yourself, too, and watch them rise as they baked!

Then there was the day when you were first allowed to mix up your own big batch, and you had to call for mother because you didn't get the dough stiff enough before you tried to roll it, and it stuck to the board in spite of all your flouring! Those were the days!

Today, cookies may still be made, of course, even tho they are available in stores everywhere. But you don't have to bother to roll them all out—you may drop them from a spoon; or if you are real smart, you may pack the dough into a bread pan, put it in the ice box over night, and in the morning you may slice the cookies down with a knife, just like you would a loaf of bread! What do you think of that? And a whole big batch may be baked at one baking, on a convenient-sized baking sheet!

Why not give your children a few of the old-fashioned delights of your own youth? It isn't hard to make good cookies, and they are so satisfying, to say nothing of being delicious and tasty!

A cookie or two on the plate in front of the child at supper time, will entice away a goodly amount of plain bread and milk; it is lots easier to

find the bottom of a glass of milk, if one has at least *one* eye on a gingerbread man nearby! At dinner time, one's custard, or nice spinach—which is so good for one, but spinach just the same!—have a habit of disappearing miraculously if there is a cookie in the offing! Besides, the meal always tastes better, if one may take a cookie away from the table with one, and munch it thoughtfully on the way back to school!

Much hospitality may be dispensed at cambric teas for the entertainment of the child's small friends, if they may be sure of cookies as well as the cambric tea! It might even be, that one might use mother's good china for such a party, too, and learn how to have afternoon tea just like grown-ups! And instead of rich sandwiches and cakes, like mother's friends have, they'll have cambric tea and cookies—great big cookies, too!

The cookie recipes following are listed as Christmas Cookies, but may be made any other time just as well. Try some of them, keep them in a cookie jar, and you will always be ready for unexpected company.

CHRISTMAS COOKIES

Fancy Cookies Without Cutters

Instead of buying an assortment of cookie cutters, simply cut the design you want from stiff paper or cardboard, lay it on your cookie dough, and cut around it with a sharp knife. Thus you may make any number of unusual and original designs.

Sliced Nut Cookies

Cream 1½ cups margarine with 1 cup white and 2 cups brown sugar; add 3 unbeaten eggs, beating them into the creamed mixture one at a time. Add ½ lb. chopped blanched almonds or other chopped nut meats.

Sift together 4½ cups flour, 1 teaspoon salt, 1 teaspoon baking soda, 1 teaspoon cinnamon, and fold into the first mixture. Shape the dough into a loaf, put it in a greased bread pan, and chill over night. In morning, cut off thin slices like you would a loaf of bread, and bake 15 minutes in hot oven (400°).

Anise Seed Cookies (Springerle)

Beat 2 eggs very light, add 1 cup sugar slowly, and beat the two 15 minutes. Add grated rind 1 lemon, 2 cups pastry flour mixed and sifted with ¾ teaspoon baking powder and pinch salt.

Add 1 or 2 teaspoons anise seed and beat mixture another 15 minutes.

Roll on floured board to ¼ inch thickness, press a wooden springerle mold down hard on dough, then cut out the little squares and let stand 12 hours on greased and floured tins.

Bake in moderate (375°) oven for 18 minutes.

Long-Keeping Nut Cookies

Combine in order: ¼ cup margarine, ½ cup sugar, 2 well beaten eggs, ⅓ cup milk, ½ teaspoon salt, 1 cup flour, 1 teaspoon baking powder, ½ saltspoon mace, ¾ cup walnuts, hickory nuts or pecans, chopped coarsely. Drop by half teaspoonfuls on greased cookie sheets. Bake in moderate oven 15 min. Decorate tops with half pieces of nuts before baking.

Fruit Macaroons

Cream ½ cup margarine with ¾ cup sugar; add 2 tablespoons milk; mix and sift 1¾ cups flour, ¼ teaspoon salt, 1 teaspoon baking powder, and add to first mixture. Add ½ cup chopped nut meats, ½ cup candied cherries cut in pieces, 1 cup fresh or canned grated cocoanut thoroughly drained, and 1 teaspoon almond extract.

Drop by spoonfuls on greased baking sheets, after folding into the mixture the whites of 2 stiffly beaten eggs. Bake at 350° until delicately browned. Makes about 40 cookies.

Soft Molasses Cookies

(For gingerbread men, etc.)

Boil 1 cup molasses, add 1 cup margarine. Mix dry ingredients as follows: 3¼ cups flour, 1 tablespoon ginger, 1½ teaspoons salt, 1½ teaspoons soda. Add to the molasses and margarine. Chill slightly. Roll out ⅛ inch or more thick, on very thinly floured board, and cut into gingerbread man shapes, using currants for eyes; may also be cut into animal shapes.

Bake in moderate oven on greased cookie sheets, for 12 min. Oven temp. 350°. When cookies are done, make hats of icing, and also buttons down front of colored frostings.

Christmas Star Cookies

Cream ½ cup margarine with ½ cup sugar, add ½ cup honey, and 5 beaten egg yolks, the juice of an orange and its grated rind. Then stir into it 3 teaspoons baking powder with enough flour to make stiff enough to roll. ⅛ teaspoon salt.

When enough flour is added, roll out, cut with star cutter. Bake moderate (400°) oven 10 min. Ice with orange icing.

Seed Cookies

Cream ⅓ cup of margarine with 1 cup sugar, then add in order given: 1 well beaten egg, ¼ cup milk, ⅓ teaspoon baking soda dissolved in the milk, 1 saltspoon each of nutmeg and cinnamon, 1 teaspoon caraway seed, and flour to roll.

Chill, roll thin, sift granulated sugar over the cookies, press it down lightly, crease the dough, and cut in fancy shapes.

Bake in moderate (375°) oven.

Delicate Nut Cookies

Beat 4 egg whites stiff enough to hold shape when bowl is inverted. Add 2 cups white sugar gradually, beating constantly.

Fold in 2 lbs. nut meats that have been ground very fine. Drop on cookie sheets in small mounds, and bake 10 minutes at 350°. Filberts and hazel nuts as well as hickory nuts are especially good in this recipe.

Chocolate Nut Cookies

Cream ½ cup margarine with 1 cup sugar. Drop 2 eggs unbeaten, one at a time, into mixture, then beat well together. Combine together 1½ cups flour, 1 teaspoon baking powder, ½ cup cocoa, and add to first mixture alternately with ½ cup milk.

Add ½ cup shredded cocoanut and ½ cup coarsely chopped nut meats (black walnuts are very good in this recipe).

Drop on floured cookie sheet, bake 15 minutes in hot (400°) oven.

Makes about 40 medium sized ones.

Long-Keeping Fruit and Nut Cookies

One cup margarine, 1½ cups brown sugar creamed together, add 1 cup chopped nut meats, 1 teaspoon salt, 3 well-beaten eggs, 1 teaspoon soda dissolved in 1½ tablespoons hot water; ½ cup each currants and raisins or all raisins, chopped; 1 teaspoon mixed spice, grated rind of lemon or orange if handy, or little chopped candied peel; 3½ cups sifted flour. Drop by spoonfuls on greased baking pans. Sprinkle tops with sugar if desired. Bake in moderate (400°) oven.

Spicy Nut Bars

Mix in order given: 4 beaten eggs, 2 cups sugar, 1 cup molasses, 1 lb. blanched almonds, chopped (or any other nutmeats); 1 cup any fruit jam, 4 cups sifted flour with 4 teaspoons baking powder, ½ teaspoon salt, ¼ teaspoon cloves, ¼ teaspoon allspice, ¼ teaspoon ginger, ¼ teaspoon nutmeg, ¼ teaspoon cinnamon, grated rind 1 orange and 1 lemon or 1 tablespoon of candied peel, 1 square melted chocolate with 2 tablespoons melted margarine.

Pour the mixture into the bottom of a small baking pan, the bottom of which is lined with paper. Bake 30 min., moderate (350°) oven.

Remove from pan, and when the mass is cold, slice in ¾ inch slices, cutting diagonally, and making the lengths about 4 inches. Store in air tight crock, or tin box.

Special Hickory Nut Cookies

Cream 3 cups brown sugar and 1 cup margarine. To this add 1 cup boiling water.

Sift together 5 cups pastry flour, 1 teaspoon each of cinnamon, salt and baking soda. Add these slowly to first mixture, and stir in 1 cup coarsely chopped hickory nuts. Other nuts may be used in place of these if desired, but hickory nuts are especially good.

Chill the dough before rolling. Roll thin, cut in any shape desired, sprinkle with sugar, and bake on greased cookie sheets until well browned at 400°. Makes 4 dozen.

These may be cut in strips 3 inches wide, and again across to facilitate the cutting process, instead of in circles.

Christmas Honey Cookies

1 cup sugar . . . 1 teaspoon cinnamon . . . ½ teaspoon cardamon
1 cup shortening . . . 1 cup strained honey . . . 1 teaspoon soda
2 tablespoons boiling water . . . ¼ lb. almonds, chopped . . . flour

Mix sugar with spices, cream with shortening and add honey. Dissolve soda in boiling water and add to mixture. Add sufficient flour to make a stiff dough, kneading in the almonds. Let stand over night, roll out thin, cut in squares and bake in a hot oven (425° F.). These cookies will improve with age. This recipe will make 72 cookies.

Christmas Pepper Nuts

2 cups brown sugar . . . 2 eggs, well beaten . . . 1 teaspoon soda
⅓ cup hot water . . . 1 cup chopped nuts . . . 2 teaspoons cinnamon
1 teaspoon nutmeg . . . 3½ cups sifted bread flour

Mix sugar with well beaten eggs, add soda dissolved in hot water, nuts and spices, sifted with flour. Add more flour if necessary to make a dough stiff enough to roll. Roll about ⅛ in. thick, cut as large as a quarter and bake in hot oven (400° F.) until brown. Roll at once in powdered sugar. This makes 100.

Cinnamon Star Cookies

5 egg whites, beaten stiff . . . 1¼ lbs. shelled unblanched almonds . . . 2 cups sugar
1 lemon, grated rind and juice . . . 1 tablespoon cinnamon

To the egg whites, add sugar and beat 25 minutes. Grind the almonds fine and add sugar to eggs. Mix in other ingredients and stand in cool place for 12 hours, uncovered. Do not place in refrigerator. Sprinkle equal parts of flour and sugar on board and roll dough ½ in. thick. Cut with star cutter. Bake in hot oven (400° F.) for 10 minutes. Cool in pan. Ice with powdered sugar and lemon juice. Makes 1 doz. cookies.

Emerald Cookies

½ cup shortening . . . 1 cup sugar . . . 1 egg, well beaten . . . ¼ cup milk
¼ teaspoon vanilla . . . 2 cups flour . . . 2 teaspoons baking powder
½ cup sugar . . . red and green fruit coloring

Cream shortening and sugar, add egg, milk and flavoring. Stir in flour, mixed with baking powder. Chill in refrigerator for 2 hours. Roll out ¼ in. thick and bake in a hot oven (400° F.) until brown. Ice with sugar, mixed with red and green coloring. Makes 40 3-in. cookies.

Mince Meat Cookies

1 cup shortening . . . 1½ cups brown sugar . . . 3 eggs . . . 2 cups mince meat
3 to 4 cups flour . . . 1 teaspoon soda

Cream shortening and sugar, add eggs and mince meat. Then add sifted soda and 2 cups of flour. Gradually add more flour so as to make the dough quite stiff. Roll thin and cut with cookie cutter and bake in a hot oven (400° F.) 10 to 12 minutes. Makes 6 doz. 2½-in. cookies.

Springerle

4 eggs, beaten . . . 1 lb. sugar . . . 1 lb. flour . . . anise seed

Beat eggs and sugar together for ½ hour; add flour and work dough on molding board for ½ hour. Roll out ¼-in. thick and cut with pastry wheel. Place on well greased baking sheet, sprinkle with anise seed and bake in a hot oven until a light yellow. Makes 5 doz. 1½-in. square cookies.

Belgian Christmas Cookies

1½ cups brown sugar . . . 1 cup shortening . . . 2 eggs, well beaten
1 tablespoon boiling water . . . ½ teaspoon vanilla . . . 3½ cups flour
½ teaspoon soda . . . ½ lb. almonds, blanched

Cream shortening and sugar together, add other ingredients in order given, sifting flour and soda together. Chill and roll ¼-in. thick, cut and bake on greased cookie sheet in hot oven until brown. This makes 60 2½-in. cookies.

Bohemian Christmas Cookies

2 egg yolks, hard cooked . . . ⅓ cup shortening . . . ⅓ cup sugar
1 egg yolk, well beaten . . . 1 tablespoon milk . . . flour
3 tablespoons almonds, blanched and chopped fine . . . 1 egg white, beaten stiff

Put hard cooked yolks of eggs through a ricer or sieve and cream with shortening and sugar. Add raw egg yolk, milk and sifted flour, sufficient to roll out. Cut with small cutter. Brush with beaten egg white and sprinkle with almonds. Bake in a slow oven, until brown. This makes 30 2-in. cookies.

Norwegian Christmas Cookies

1 cup white sugar . . . 1 cup brown sugar . . . 1 cup shortening
3 eggs, well beaten . . . 1 teaspoon salt . . . 2 teaspoons soda
1 tablespoon cinnamon . . . 4½ cups flour . . . 1 cup almonds, chopped

Cream shortening and sugar, add well beaten eggs. Sift salt, soda, and cinnamon with the flour and stir into the mixture. Knead in the almonds and bake on well greased sheet in a hot oven (400° F.). Makes 50 3-in. cookies.

Norwegian Cuts

½ cup shortening . . . ½ cup sugar . . . 3 egg yolks, beaten slightly
1 teaspoon lemon extract . . . 1 cup pastry flour . . . 3 egg whites, beaten very stiff
½ cup almonds, chopped

Cream shortening and sugar, add yolks of eggs and flavoring. Beat in flour and fold in egg whites; spread about ⅓-in. thick on well greased baking sheet and sprinkle with sugar and almonds. Bake in a moderately hot oven (375° F.) until light yellow. Cut with sharp knife into diamonds or use diamond-shaped cutter. Reduce heat of oven and return to dry for 10 to 15 minutes. Makes 18 cookies.

Scotch Shortbread

1 lb. flour . . . ¾ lb. shortening . . . ⅓ lb. light brown sugar
1 tablespoon caraway seed

Mix flour and shortening together with hands, then add sugar and seeds, mixed. Knead paste smooth, roll out ½-in. thick and cut in oblong cakes. Prick all over and bake in a moderate oven 30 minutes. Makes 4 doz.

CHRISTMAS PUDDINGS

Suet Pudding

2 cups flour . . . 1 teaspoon soda . . . 2 cups seeded raisins
1 teaspoon each cinnamon, cloves, nutmeg
¼ cup each citron, lemon peel, orange peel
1 cup each currants, suet chopped fine, sweet milk and molasses

Mix and sift dry ingredients, stir in the fruits. Add suet to milk and molasses, combine the mixtures. Steam in greased mold for 3 hours. Serves 10.

Date Whole Wheat Pudding

2 cups whole wheat meal . . . ½ teaspoon each salt and soda . . . 1 cup stoned dates
1 cup milk . . . ½ cup molasses

Sift soda and salt with the meal, add dates and stir. Add milk and molasses. The dry flour absorbs much of the moisture while pudding is

cooking. Steam 3 hours in a closed mold. Serve with whipped cream or any pudding sauce.

Christmas Pudding

1½ lbs. bread crumbs . . . 2 ozs. citron, shaved . . . ½ lb. flour
2 ozs. shredded blanched almonds . . . 2 lbs. fine-chopped suet . . . 2 grated nutmegs
2 lbs. currants . . . 2 lbs. raisins . . . juice and rind 1 lemon . . . 1 teaspoon salt
2 oz. candied shaved lemon peel . . . 16 well beaten eggs . . . milk to make stiff paste

Mix in order given, let stand over night with a small amount of cooking sherry added if possible. In morning, put in greased molds and steam 12 hours or more. When ready to use, steam 2 hours longer. Makes 6 qt.-size puddings, and will keep for some time. To serve, pour lemon extract over pudding, light it.

CHRISTMAS CANDIES

White Fondant

2½ lbs. sugar . . . 1½ cups hot water . . . ¼ teaspoon cream of tartar

Put ingredients into a smooth granite stewpan. Stir until dissolved and heat gradually to boiling point. Boil without stirring at a temperature of 238° F. or when tried in cold water, a soft ball is formed that will keep its shape. If sugar adheres to sides of kettle, it should be washed off with the hand or a brush, first dipped in cold water. Pour slowly on a slightly oiled marble slab or platter. Do not scrape pan. Let stand for a few minutes to cool or until pressing it with the finger it leaves a dent on the surface and yet has formed no crust. If stirred while too warm, it will grain. If by chance a crust forms, every particle of it must be taken off or else the boiling must be done again, as it shows it has cooked a little too long. When it will dent, use a paddle or scraper to cream mixture. The paddle or scraper is a broad flexible steel blade with a wooden handle.

Gather the candy up around the edges of the platter and turn it into the center, with a forward motion of the paddle, gather up as much as possible of the candy, then turn the paddle over and press the mass against the platter with a returning backward motion. As mass thickens, it will become easier to handle.

As soon as the candy becomes firm and creamy, gather it together on the platter and stop working. The candy will be hard now and is called fondant. If needed immediately, it can be softened by kneading with the hands. If not needed immediately, place in a crock and cover tightly or with a moistened cloth. If stored properly it will keep for weeks.

Uncooked Coffee Fondant

1½ tablespoons butter . . . 2¾ cups soft brown sugar . . . 1 tablespoon cream
2 tablespoons coffee essence . . . ½ teaspoon vanilla

Cream the butter with a little sugar. Add the cream slowly and work in more sugar. Then add the coffee and keep working in the sugar. Salt may be added to the coffee. Add the vanilla and work in all the sugar, knead well, cover with damp cloth for an hour. Put into a jar and keep on hand for coffee confections.

Fondant Logs

Roll fondant into small cork shaped pieces, make very smooth and evenly shaped. Dip in melted chocolate, and before the chocolate is thoroughly set, drop into chopped walnuts. The logs should be well covered with nuts.

Potato Fondant, Uncooked

½ cup prepared Irish potatoes . . . 1 egg white, unbeaten . . . confectioner's sugar

Potato fondant is another base—even more useful than potato paste—upon which many confections may be built. There are two kinds—cooked and uncooked. To make uncooked, boil or steam Irish potatoes, drain and force them through fine sieve. In all candy-making with potatoes, these directions are of utmost importance. Unless potato is carefully forced through fine sieve, candy made from it will have hard and gluey spots after it has dried out. Mix ½ cup of potato so prepared with unbeaten white of 1 egg. Add gradually confectioner's sugar until whole mass assumes consistency of bonbon cream. Several uses for potato fondant will be described below but it may be substituted for French fondant in any of the confections of which this is a part.

Potato Fondant, Cooked

½ cup prepared potato . . . 2 cups sugar . . . ⅔ cup milk

With ½ cup cooked potato, pressed through a fine sieve, prepared as for uncooked fondant, very thoroughly mix 2 cups sugar and thin with ⅔ cup milk. The "fine sieve," be it noted, plays a conspicuous and important part in making of candy from vegetables. Moreover, it should be borne in mind that no vegetable particle will either soften in or cook up into syrup. While cooking, vegetable particles are just as individual as though they were in separate vessels, consequently, they must be kept circulating as uniformly as is possible through syrup in order to prevent accumulation of masses of vegetable matter of sufficient bulk and weight to sink to bottom of sauce pan and cause mixture to burn. Moreover, should mixture escape burning, it would develop gluey spots that would make the finished product lacking in smoothness, that is the idea of the

candy-cook. Place mixture on an asbestos mat over fire and cook until thick—to sticking point. Pour mass on cold damp marble and "cut in" like plain fondant. Knead small quantities at a time until whole batch is smooth. Pack in tins lined with waxed paper. Fondant can be used without additional sugar and does not stick to hands. It is particularly useful as covering.

Chocolate Bonbons

Make small balls of the uncooked fondant and press into little flat cakes. Make a dent in the middle and drop a preserved strawberry in. Dip gently into melted chocolate and set aside to cool. When cold, wrap around with more fondant and then dip in chocolate again. The bonbons may be varied by adding nuts or candied fruit to the fondant instead of the preserved fruit. A small piece of preserved ginger makes a delicious filling for these coffee dainties.

Coffee Fudge

2 cups granulated sugar . . . 1 cup strong coffee
1 tablespoon butter or 1 tablespoon rich cream . . . speck of salt

Boil together until it forms a thread. Remove from fire and beat until smooth and creamy. Pour into buttered pan and mark into squares when partly cool.

Maple Marshmallow Fudge

Boil 2 cups maple syrup, ¾ cup milk, and piece of butter size of egg until mixture reaches soft ball stage, then beat until creamy and pour into buttered pan containing cut-up marshmallows.

Fruit Fudge

3 cups granulated sugar . . . 3 teaspoons cocoa . . . ¾ cup milk
1 tablespoon butter . . . ½ cup chopped raisins . . . ¼ cup cocoanut
½ cup chopped nuts . . . ¾ cup figs, cut in small pieces

Mix sugar and cocoa, add milk and butter and boil until it forms a soft ball in cold water, then add fruit and nuts. Pour into a buttered pan, and when partly cooled, mark into squares.

Peanut Fudge

3 cups brown sugar . . . 1 cup milk . . . 2 tablespoons peanut butter

Boil sugar and milk until a soft ball can be formed in cold water. Take from the fire, add the peanut butter and beat until creamy. Pour into a buttered pan and mark in squares, when cool.

Victoria Fudge

¾ cup cream or milk . . . 3 cups granulated sugar . . . ¼ cup butter
¼ cup candied cherries, cut . . . ¼ cup figs, cut . . . ¼ cup candied pineapple, cut
1 cup cocoanut . . . flavoring

Boil without stirring, cream, butter and sugar until it will form soft ball when tested in cold water. Take from fire, beat until creamy, then add the fruits cut in pieces and cocoanut. Flavor with rose or almond extract, and pour into buttered pan. Cut in strips when partly cool.

Mocha Marshmallow Fudge

2 cups dark brown sugar . . . ⅛ teaspoon salt . . . ⅛ teaspoon cream tartar
½ tablespoon butter . . . ½ cup very black coffee . . . 9 marshmallows
½ teaspoon almond extract

Combine the sugar, salt, cream of tartar, butter and coffee and simmer gently without stirring until a little dropped in cold water forms a soft ball (238° F.). Cool slightly, but do not let it set. Cut the marshmallows and add to the fudge. Add the flavor and beat until well mixed, smooth and creamy. Pour into a buttered dish and let set. Before it gets thoroughly set, cut into squares.

Divinity Fudge

2 cups sugar . . . ½ cup corn syrup . . . ½ cup hot water
2 egg whites, beaten stiff . . . ¾ cup nuts

Cook sugar, syrup and water together until a little dropped in cold water forms a soft ball (240° F.). Beat egg whites until stiff. Take mixture off stove and pour slowly into stiffly beaten egg whites, stirring all the time. Add nuts and beat until stiff. Drop on oiled paper or buttered plate. (Can be prepared the day before.)

Popcorn Fudge

2½ cups freshly popped corn, ground . . . 2 cups granulated sugar
½ cup corn syrup . . . ½ cup water . . . ¼ teaspoon salt
2 egg whites, beaten stiff

Put the popped corn through a meat grinder. Boil the sugar, syrup, water and salt until a little past the soft ball stage. Remove from fire and pour upon stiffly beaten egg whites. Beat until smooth. With this quantity of syrup, use 2½ cups of ground popped corn; pour into buttered pan and when partly cold, mark into squares.

Chocolate Caramels

2 tablespoons butter . . . 2 cups corn and cane syrup
½ cup evaporated milk . . . 4 tablespoons cocoa . . . ¼ teaspoon vanilla

Melt the butter in saucepan, stir in syrup and milk. When heated, add

cocoa. Stir frequently while cooking. Boil until when tried in cold water a firm ball may be formed in the fingers. Add vanilla. Beat until cool. Pour into buttered pan, cool and mark in squares. Wrap each square in oiled paper.

Salted Almonds

Blanch ¼ pound almonds and dry on towel. Put ⅓ cup clear oil in very small sauce pan. When hot put in almonds and fry until delicate brown, stirring almonds constantly. Remove with spoon or skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle with salt. Cook rest same way, small quantity at a time.

Chocolate Coated Nuts

Melt 3 squares bitter or sweet chocolate in a double boiler. Dip nuts in chocolate and place in clusters on waxed paper to cool. If more than 3 nuts are desired for 1 piece, other nuts may be dipped and placed on top of cluster.

Chocolate Chips

1 cup molasses . . . ⅔ cup sugar . . . butter size of walnut . . vanilla

Boil until hard. Pull thin. Cut in small pieces. When cold, dip in hot melted chocolate, flavored with vanilla. Either sweet or bitter chocolate may be used, but it must be melted over hot water.

Coffee Chocolate Caramels

⅓ cup very strong coffee . . . ⅓ cup thin cream . . . ⅔ cup molasses
3 cups dark brown sugar . . . 3 ozs. bitter chocolate . . . 6 tablespoons butter
⅓ teaspoon vanilla . . . ¼ teaspoon salt . . . 1 cup chopped nuts

Combine all the ingredients except the nut meats. Boil slowly until a little dropped in cold water makes a soft caramel ball (249° F.). Stir in the nuts, beat for a few minutes, pour into a buttered pan or one lined with wax paper. Do not have the mixture more than 1 in. thick. When it begins to set, score off into squares.

Cherry Foams

2 cups granulated sugar . . . ½ cup water . . . ¼ teaspoon vanilla
2 egg whites, beaten stiff . . . candied cherries

Boil granulated sugar in water without stirring until the syrup will thread. Add vanilla, and pour slowly upon the beaten whites of the eggs, beating continuously until stiff enough to drop from a teaspoon upon buttered paper. Before candies cool, press ½ candied cherry into the top of each. If preferred, beat the cherries into candy, and when creamy pour it into buttered pans.

Cream Candy

6 cups sugar . . . 2 cups water . . . ¾ cup butter . . . ½ tablespoon vanilla

Mix sugar, water and butter, and boil, without stirring, to the hard ball stage (262° F.). Pour on ice cold, buttered marble slab, cool slightly, flavor, then pull until white. Mark into squares. This will become creamy in 24 hours. Any flavoring may be added.

Molasses Candy

1 cup molasses . . . 1 cup brown sugar . . . 1 tablespoon vinegar
2 teaspoons butter . . . 1 teaspoon soda

Mix ingredients and boil until mixture hardens when dropped in cold water, then add 1 teaspoon soda; mix quickly and pour into buttered pans. When cool enough to handle, pull and cut into sticks. Put nothing on hands while pulling; keep hands cool. Nut meats may be stirred into candy just before pouring into pans.

Molasses Puffed Rice Bars

1 cup molasses . . . ½ teaspoon soda . . . 1 teaspoon vinegar
1 tablespoon butter . . . ½ to 1 cup puffed rice

Cook molasses, vinegar and butter to hard ball stage. Add soda. Remove from fire and beat lightly; then pour it over layer of puffed rice in greased pan. When cool, cut in bars.

English Toffee

2 cups brown sugar . . . 4 tablespoons molasses . . . 4 tablespoons water
2 tablespoons butter . . . 3 tablespoons vinegar

Mix ingredients in sauce pan. Stir until it boils and cook until brittle when tested in cold water. Pour in greased pan. Cut into squares before cool.

Popcorn Balls with Nuts

3 qts. popped corn . . . 1 cup roasted peanuts . . . 1 cup broken walnuts
1 tablespoon butter . . . 1 cup molasses . . . ½ cup sugar

Remove from popped corn, all the kernels that have not popped. Mix in the peanuts and walnuts. Mix together the butter, molasses and sugar and boil until it is brittle when tested in cold water. Pour this over the popcorn and shape into balls.

Taffy

Put into a sauce pan 2½ cups sugar and ½ cup water; stir until it dissolves; then wash the sides of the pan with a damp cloth and let the syrup boil without stirring until it reaches the soft ball stage (238° F.). Add

1 tablespoon butter and ½ teaspoon lemon juice and boil to the hard crack (310° F.); add 1 teaspoon vanilla and turn on an oiled slab or a tin to cool. Mark it off into squares before it becomes cold.

Bean Taffy

½ cup beans . . . 2 cups granulated sugar . . . ½ cup water
1 tablespoon butter . . . 1 cup milk

Bean taffy easily takes first rank among all taffies—vegetable or otherwise. The taste is good beyond words, and consistency is pleasantly "chewey" without being tenacious to point of teeth pulling! Lima beans are best to use as basis because skins can easily be removed, but ordinarily, dried beans may be substituted if care is taken. Cover beans with cold water, let them stand over night; next morning boil them until soft and force through fine sieve to remove all skins. Boil together the sugar, water, butter and ½ cup beans prepared as above. After mixture has boiled thoroughly, add 1 cup of milk, adding milk ⅓ at a time. Stir mixture and let it boil a few minutes after each addition of milk. When thermometer registers (242° F.), pour mass on to an oiled marble between oiled candy bars so that it will set about ¼ in. thick. As with ordinary taffy, cut into pieces of desired size.

Peanut Brittle

1 cup granulated sugar . . . ¼ cup chopped peanuts

Heat sugar until it is melted, stirring constantly. Add chopped nuts and pour quickly on greased pan. Mark into squares when slightly cooled. ¾ cup peanuts in shell equals ¼ cup meats.

Hard Candies

Cover the bottom of a well buttered, shallow pan with nut kernels—hickory, walnut, pecan, blanched almond, strips of cocoanut, bits of figs, dates and the like. Boil together a lb. of sugar and ½ cupful of cold water until it becomes brittle when dropped into cold water. Add 1 tablespoon of lemon juice to the candy when it is done and pour it over the fruits and nuts in the pan. When cold, mark into squares and strips.

Date and Peanut Goody

1 cup roasted peanuts . . . 2 tablespoons fruit juice . . . 1 cup stoned dates

Put dates and nuts through meat chopper, using coarse blade, moisten with fruit juice, cool, roll into small balls and place on platter to harden.

Marshmallows

2 tablespoons gelatine . . . 2 tablespoons cold water . . . 2 cups sugar.
½ cup hot water . . . ¼ teaspoon cream tartar . . . 1 egg white, beaten stiff

Soften gelatine in cold water. Boil sugar and water and cream of tartar until it spins a thread. Pour hot syrup over softened gelatine, stirring continually. Add this mixture to beaten egg white and beat until thick. Pour into pans well sprinkled with powdered sugar and sift well over top.

Pineapple Marshmallows

2 cups sugar . . . ½ cup water . . . ½ cup honey . . . 18 marshmallows
2 egg whites, beaten stiff . . . 1 cup chopped candied pineapple

Heat the sugar, water and honey on a slow fire. Then boil rapidly until it threads. Add the marshmallows, cut in pieces and beaten whites of eggs. Beat until mixture is creamy, then add the candied pineapple. When quite firm. pour into an oiled pan and sprinkle with powdered sugar.

Mexican Cocoanut Kisses

1 cup molasses . . . 2½ to 3 cups shredded cocoanut . . . ⅛ teaspoon soda

Add soda to molasses and put on stove and boil until syrup reaches "soft ball" stage. Remove from fire, stir in cocoanut and beat until mixture begins to cool. Shape in small 1 in. balls.

Stuffed Prunes

25 large prunes . . . 2 tablespoons citron . . . 1 tablespoon candied ginger
¼ cup nuts . . . ½ cup dates . . . 1 teaspoon lemon juice . . . granulated sugar

Wash the prunes and steam for 10 minutes, then remove the pits. Put the citron, ginger, nuts and pitted dates through the food chopper. Add lemon juice and mix well. Stuff the prunes with this mixture then roll in sugar.

Bitter Sweets

½ cup raisins, seeded . . . ½ cup dates . . . ¼ cup chopped nuts
¼ cup Maraschino cherries . . . 6 squares unsweetened chocolate

Chop raisins, dates, nuts and Maraschino cherries fine. Mix well and form into balls. Melt chocolate in double boiler. Dip fruit balls into melted chocolate and place on oiled paper to cool. Sweetened chocolate may be used, if preferred.

Honey Puffs

3 cups sugar . . . 1 cup cream . . . ¼ cup honey . . . 1 egg white, beaten stiff
½ cup nut meats . . . ½ cup candied pineapple

Boil sugar and cream until it will almost thread, and add honey. When it reaches soft ball stage, take from fire and beat it into stiffly beaten white of an egg. Continue beating for 1 minute and add nuts and pineapple chopped. Beat until firm and creamy, and shape into balls between fingers with wet napkin, then cool. A few grains of salt adds to flavor.

Pecan Pralines

1 lb. brown sugar . . . ¼ cup water . . . ¼ cup butter . . . 2 cups whole pecan meats

Stir sugar, water, and butter together over slow fire until sugar is thoroughly dissolved. Add pecans and boil until thermometer registers (254° F.) or until mixture forms hard ball when tested in cold water. Have ready large slab, clean and well oiled and drop mixture like pancakes, allowing them to spread out until about ⅓ in. thick and 5 in. in diameter. Work quickly.

Pineapple Rings

Select pineapple that has been canned whole, and cut into rings ¼ in. thick, or use sliced canned pineapple; simmer in thick syrup until it is firm and candied. Remove from syrup and place them in draining pan that has been well greased. When dry, dip the rings in melted sweet chocolate, and sprinkle with grated nut meats.

Candied Orange Peel

Cut orange skin in quarters, cover with cold water, bring to boiling point and cook until soft. Drain, remove white portion and with scissors cut yellow into thin strips. Boil ½ cup sugar until syrup threads when dropped from tip of spoon. Cook strips in syrup 5 minutes, drain and coat with fine granulated sugar. The candied peel of grapefruit is done the same way.

Cherry Roll

3 cups sugar . . . ¼ teaspoon salt . . . 1 cup sour cream
1 cup candied cherries, cut in halves . . . ½ cup nut meats, chopped

Boil sugar, salt and cream until it forms a soft ball. Cool. Add nuts and cherries and beat until stiff enough to knead. Form into roll and slice when cold in ½ in. slices.

Popcorn Balls

Make an old-fashioned molasses candy, and just before removing from the fire, stir in enough popcorn to thicken it. Take mixture out by spoonful and roll, as soon as it can be handled, into balls, then roll these over and over in kernels of popcorn until no more will adhere to balls.

Holiday Cocoanut Balls

¼ teaspoon maple flavoring . . . ⅓ cup corn syrup . . . ¼ cup currants
½ cup raisins . . . 1 cup shredded cocoanut . . . few grains salt

Pour flavoring into corn syrup, add chopped fruits and cocoanut to form stiff loaf. Pack in small cake pan ¾ in. in thickness. Chill in refrigerator and roll in small balls. Dust with mixture of ½ corn starch and ½ sugar.

Fruit Balls

Chop raisins, dates and nuts fine and form into round balls size of marble. Dip in cocoa coating and place on oiled paper to cool.

Cocoa Coating

½ lb. cocoa . . . 2 tablespoons butter . . . 2 tablespoons water

Cream butter and cocoa and put in small sauce pan over water to melt. Add water. If too thick, add a little more water. Keep warm while dipping the fruit balls.

Chocolate Sausage

¼ lb. bar sweet chocolate . . . 1 cup powdered sugar
½ cup blanched almonds, cut fine . . . 1 egg, slightly beaten
1 teaspoon vanilla . . . few grains salt

Melt the chocolate carefully over hot water. Add sugar, almonds, egg and vanilla. Form into a roll on waxed paper, which has been well covered with sifted powdered sugar. Put in cool dry place for 24 hours before cutting.

Almond Hardbake

Blanch some almonds and split them in two. Dry them in a moderate heat without coloring them. Lay them with the flat sides down on an oiled layer cake pan, entirely covering it. The almonds may be laid in regular order, like wreaths, or in groups like rosettes, if desired. Pour over the nuts enough sugar and water boiled to the crack, to entirely cover them. Mark off squares or circles on the candy while it is warm and it can be broken in regular pieces when cold.

Carameled Nuts

Boil 1 cup sugar and ½ cup water to the crack, or to the caramel, as preferred; add a few drops of lemon juice. Blanch a few almonds and dry without coloring them. Drop 1 at a time into the sugar; turn the almond until well covered without stirring the sugar; lift it out with bonbon fork and place on oiled paper or slab. Do not drain the nuts when lifting them out and enough sugar will remain to form a clearing of candy around each one. English walnuts, filberts, or any other nut may be used in the same way. They should be warm, so as not to chill the candy. The work should be done quickly. If the sugar becomes hard before the nuts are done, return it to the fire to heat. Add 1 teaspoon water if necessary and boil to the right degree again. If the sugar is boiled to the crack, the candy will be without color; if boiled to the caramel, it will be yellow.

Dipped Walnuts

Melt fondant over hot water and flavor. Dip ½ of walnut as bonbon centers are dipped. Halves of pecans or whole blanched almonds may be similarly dipped.

Cream English Walnuts

For this use the large English walnuts, cracking them carefully so as not to break the kernels. Remove each half in one piece and free it from all bits of shell. Heat over boiling water ½ lb. of fondant. Flavor with a teaspoonful of vanilla extract; stir until it becomes creamy, and dip into it with a pair of small sugar tongs the half of the walnut. Lift it out carefully and lay on the waxed paper until it is dry.

Mocha Walnuts

1 egg yolk, well beaten . . . ½ cup Irish potatoes . . . 1 teaspoon coffee extract
Confectioner's sugar . . . 1 cup English walnut meats

Beat egg yolk to a cream, add potatoes, boiled, drained and forced through a sieve, as described in Potato Fondant, and coffee extract. Gradually stir in confectioner's sugar until mass can be made into soft balls. Flatten these balls, press on walnut meats, and spread to dry. If desired for packing, dip them into crystal cooked to (220° F.). To insure good surface and keep cream from drying out, it may be well to dip candy again after letting it dry for a day.

Tutti-Frutti Candy

1 cup figs . . . 1 cup seeded raisins . . . 1 cup dates
1 tablespoon candied citron . . . 1 cup hickory nut meats . . . 2 tablespoons fruit juice
¼ teaspoon ground cloves . . . ¼ teaspoon salt

Wash figs, raisins and dates. Remove stones from dates, place fruits together with citron in wire sieve over kettle of hot water. Keep covered and steam for 10 minutes. Remove and allow to cool. Add nut meats and put all ingredients through a meat chopper. Add fruit juice, salt and cloves, mix thoroughly. Roll into small balls 1 in. in diameter.

Fruit and Nut Paste

2 cups dates, pitted . . . 1 cup peanut butter . . . 1 teaspoon salt
Candied lemon or orange peel . . . a few currants

Wash and dry dates and put through a food chopper. Add peanut butter and salt. Mix well. Take single spoonful and form into balls, shaped like small apples. Roll in a little sugar. Press into each a currant to represent the blossom end and a piece of peel for the stem.

Christmas Fruit Paste

2 teaspoons cornstarch . . . 2 tablespoons cold water . . . ⅓ cup corn syrup
1 tablespoon gelatine . . . 2 tablespoons cold water . . . 1 tablespoon orange juice
½ cup nuts . . . ½ cup dates . . . ½ cup raisins

Dissolve the cornstarch in 2 tablespoons of cold water. Put the corn syrup in a granite kettle and heat it to the boiling point. Add the dissolved

cornstarch. Soak the gelatine in 2 tablespoons of cold water and 1 tablespoon of orange juice, for ½ hour. Add to it the hot syrup and remove from the fire. Stir until the gelatine is well dissolved. Add the nuts and fruits. Pour into cake pan that has been well dusted with powdered sugar and cornstarch (½ of each). Cool and cut in ¾ in. squares. Roll in powdered sugar.

HOLIDAY "LEFT-OVER" RECIPES

Cumberland Sauce

(Served cold with cold game or fowl)

2 shallots . . . 1 lemon (juice and rind) . . . 1 orange (juice and rind)
½ cup water . . . 6 tablespoons jelly . . . ginger . . . cayenne

Chop shallots (or small onions) very fine. Put them into a sauce pan with the finely sliced rinds of the orange and lemon, add ½ cup water and simmer gently until the rinds are very soft. Strain off the water and put shallots and rind in a bowl, add tart jelly (red currant is best), a dash of ginger and cayenne, and the juice of the orange and lemon. Mix thoroughly and serve cold with game or fowl.

Devilled Fowl

2 teaspoons prepared mustard . . . 1 teaspoon salad oil . . . 1 teaspoon salt
Shake cayenne . . . 1½ cups Bechamel sauce . . . 2 tablespoons shortening
1 teaspoon vinegar . . . 1 teaspoon Worcestershire sauce . . . 1 teaspoon mustard

Cut thighs and wings from 2 underdone fowls, either roasted or boiled. Score them closely about ¼ in. deep, and rub in paste made with mustard, salad oil, salt, cayenne; lay them aside to season while rest of meat is chopped fine and stirred into Bechamel or any good sauce. Put shortening in pan and when it browns add vinegar, Worcestershire sauce and mustard. Broil legs and wings till handsome brown, and roll each one in butter mixture as it is taken from gridiron. Put mince in center of hot platter, arrange grilled bones around it and serve piping hot. Serves 8.

Chicken Souffle

2 tablespoons shortening . . . 2 tablespoons flour . . . 1 teaspoon salt
Few grains cayenne . . . 2 cups scalded milk . . . 1 teaspoon chopped parsley
½ cup bread crumbs . . . 2 cups cold chicken chopped fine
4 egg yolks well beaten . . . 4 egg whites beaten stiff

Melt butter, add flour and seasonings, cook; add the milk gradually, cooking to a smooth cream, add to this the parsley, bread crumbs, and the chicken. Combine with beaten yolks; fold in the whites beaten stiff. Turn into a buttered baking dish, bake in a slow oven 35 minutes. Serves 6.

Chicken Croquettes No. 1 (with Brains)

2 chickens, boiled . . . 1 pair veal brains, boiled
1 lemon (juice and one-half the rind grated) . . . ¼ nutmeg grated . . . salt to taste
2 sprigs parsley . . . 1 teaspoon onion juice . . . cayenne and white pepper
1 pint White Sauce No. 3

Chop or grind the meat as fine as possible, mix meat and seasoning well together and add as much thick white sauce as you dare; it should be very soft, as it stiffens in cooling. Set on the ice until thoroughly cold and firm enough to shape easily. Roll in cork shape, about 1 x 2½ in. Roll in sifted bread crumbs, then in beaten egg diluted with 2 tablespoons milk, then in crumbs again, and set away till needed. Fry as other croquettes. Allow ½ lb. raw chicken to a serving.

Chicken Croquettes No. 2

1 cup cold cooked chicken . . . ½ can mushrooms . . . 2 tablespoons shortening
3 tablespoons flour . . . ½ teaspoon salt . . . ¼ teaspoon pepper
1 teaspoon lemon juice . . . ½ cup chicken stock
¼ cup mushroom liquor . . . ¼ cup cream

Chop chicken and mushrooms fine. Melt butter, add flour mixed with seasonings and add slowly stock and mushroom liquor. Cook until smooth and add cream, combine with meat and mushrooms. Cool, shape and crumb. Fry in deep fat. Drain on brown paper. Serves 6.

Chicken Turn-Over

Chop until very fine some cooked chicken, season highly, add half the quantity of finely minced ham; moisten with its own gravy or cream. Roll out trimmings of puff paste or any good pastry and cut in rather large rounds, moisten the edges slightly. Lay a tablespoon of mixture on one half of each round of the paste, fold the other half over it, press the moistened edges closely together and bake in quick oven, or fry in hot fat.

CHAPTER XIII.

NEW YEAR DINNERS

MENU 1

Roast Duck with Orange Sauce
Stuffed Potatoes *Tomatoes with Green Peppers and Cheese*
Mixed Fruit Salad No. 2
Carrot Pudding

Duck with Orange

1 onion . . . 1 carrot (good sized) . . . 1 stalk celery . . . 3 cups veal stock
Juice of 1 orange . . . 1 teaspoon lemon juice . . . 2 tablespoons currant jelly
1 teaspoon arrow root . . . 1 teaspoon salt . . . 1 teaspoon pepper

Slice onion, carrot, celery. Place duck on top of these vegetables; add veal stock, and cook for about 1 hour or until duck is tender. When duck has been cooked ½ hour season to taste. When duck is cooked, remove from pan and strain gravy. Put gravy on fire and skim off fat; add the juice of orange, lemon and currant jelly thickened with arrow root. Cut the rind of 3 oranges and 1 lemon into julienne strips and cook for 5 minutes in boiling water, then strain and add them to sauce. Duck may be browned in hot oven. Cover the duck with sliced oranges and coat all with sauce and serve. Decorate platter with fancy orange baskets. Allow 1 pound of raw duck to a serving.

Orange Sauce for Roast Duck

⅓ cup orange juice . . . ¼ cup lemon juice . . . 1 cup powdered sugar
2 tablespoons currant jelly . . . grated rind 1 orange
1 tablespoon horseradish, grated

Mix ingredients until smooth; beat thoroughly. Heat and serve immediately. Six servings.

Stuffed Potatoes

6 medium size potatoes . . . 3 tablespoons butter . . . ½ teaspoon salt
⅛ teaspoon pepper . . . ⅓ cup hot milk

Wash potatoes but do not cut. Bake from 40 to 45 minutes. When done lay potatoes on sides, with sharp knife cut thin slice from each, scrape

out potato, pass through ricer or mash, mix with seasonings and beat until very light. Pack lightly into potato shells, brush with little white of egg and brown in quick oven. Serve each with tiny sprig of parsley and a dash of red pepper on top. Serves 6.

Tomatoes with Green Peppers and Cheese

Use a small can of tomatoes, chop the solid portions and mix with juice. Season tomato with salt, paprika and sugar to taste and place layer in bottom of greased baking dish. Dot with bits of butter and sprinkle lightly with minced green pepper, grated bread crumbs and grated cheese. Continue with alternate layers of ingredients until all are used and have cheese and crumbs on top. Bake in moderate oven for ½ hour. A bit of grated onion may be added to tomatoes if flavor is liked.

Mixed Fruit Salad

6 slices pineapple . . . 12 marshmallows . . . lettuce
½ cup chopped nuts . . . ½ cup mayonnaise

Arrange slices of pineapple on a bed of lettuce. Mix together nuts, marshmallows, cut in small pieces and mayonnaise and mound in center of pineapple. Garnish with Maraschino cherries.

Carrot Pudding

1½ cups flour . . . ½ teaspoon salt . . . ½ teaspoon baking powder
1 cup brown sugar . . . 1 cup chopped suet . . . 1 cup seedless raisins
1 oz. citron peel, shaved thin . . . 1 cup grated raw carrot
1 cup grated raw potato . . . ½ cup milk

Mix dry ingredients, then add in order given and steam 2½ hours in a greased mold. Serves 8.

Hard Sauce

⅓ cup butter . . . 1 cup powdered sugar . . . ⅓ teaspoon lemon extract
⅔ teaspoon vanilla

Cream the butter, add sugar gradually and flavoring. Serve cold.

MENU 2

Roast Chicken, Clam Stuffing
Boiled Onions, Rice Border *Egg Plant Baked in Shell*
New Year's Salad
Creole New Year's Pudding

Roast Chicken

(For Roast Chicken, see Index)

Clam Stuffing

4½ cups bread crumbs . . . boiling water . . . 2 eggs, well beaten
3½ teaspoons salt . . . ½ teaspoon pepper . . . ½ teaspoon paprika
½ teaspoon sage . . . 1 onion, minced . . . 4½ cups clams, chopped

Soften bread crumbs with boiling water and press out excess moisture very carefully. Add other ingredients in order given, mixing well. This is sufficient for a good sized turkey. Use half the recipe for a chicken.

Boiled Onions, Rice Border

Wash 1 cup rice, boil it in plenty of boiling salted water 25 minutes. Drain and steam for 10 minutes, then add 2 tablespoons melted butter, salt and pepper to taste. Press into a buttered ring mold to set. When onions are ready (boil medium-sized ones in boiling salted water till tender but not broken), season them with butter, salt and pepper. Unmold the rice onto plate, pour onions inside the ring. Garnish with finely minced parsley.

Eggplant Baked in Shell

4 small eggplants . . . ½ cup bread crumbs . . . ¼ cup minced chicken
2 tablespoons shortening . . . few grains salt . . . paprika and cayenne . . . 1 egg

Boil eggplants 20 minutes, in salted water. Cut in halves lengthwise. Scoop out center. Drain on cheese cloth. Mix this scooped out part, chicken, salt, paprika, cayenne and egg. Fill eggplant shells with this mixture, cover with buttered and seasoned bread crumbs, and bake in a slow oven about 1 hour. Leftover meat or vegetables may be used in place of chicken. Serves eight.

New Year Salad

Core large, deep red apples. Slice them without paring in ½ inch slices, marinate them a few minutes in very slightly salted water to prevent discoloration. Drain and dry them between towels, then marinate in French dressing.

Remove seeds from green peppers, cut the peppers in very fine, thin rings. Alternate the apple and pepper rings on bed of lettuce. Garnish with pimiento stars; serve with French dressing passed at the table.

Creole New Year Pudding

½ lb. figs . . . ¼ lb. grated bread crumbs . . . ¾ cup milk
¼ cup sugar . . . ⅜ cup butter . . . 2 eggs

Chop figs fine, beat sugar and egg yolks to thick lemon-colored cream. Add melted butter and crumbs which have previously been wet and then squeezed dry. Add milk and stiffly beaten egg whites. Butter a mold, sprinkle it with flour, pour in the pudding, steam 3 hours. Serve with hard sauce or mock-brandy sauce.

CHAPTER XIV

MISCELLANEOUS PARTY MENUS

GOOD FRIDAY BREAKFAST

Orange Juice
Light Omelet
Hot Cross Buns
Marmalade *Coffee* *Fruit*

Hot Cross Buns

2 cakes yeast . . . 2 cups milk, scalded and cooled . . . 2 tablespoons sugar
7½ cups sifted flour . . . 1½ teaspoons salt . . . ½ cup shortening
⅔ cup sugar . . . 2 eggs . . . ½ cup raisins or currants

Dissolve yeast and 2 tablespoons sugar in lukewarm milk. Add 3¼ cups flour to make sponge. Beat until smooth; cover and let rise until light in warm place free from draught, about 1 hour. Add shortening and sugar creamed, eggs well beaten, raisins or currants which have been floured, remainder of flour or enough to make a moderately soft dough, and salt. Turn out on board, knead lightly and place in greased bowl. Cover and set aside in warm place until double in bulk, which should be in about 2 hours. Shape with hands into medium sized, round buns and place in well greased, shallow pans about 2 inches apart. Cover and let rise again about 1 hour, or until light. Glaze with egg diluted with water, and with sharp knife cut a cross on top of each. Bake 20 minutes in hot oven. Just before removing from oven, brush with sugar moistened with water. While hot, fill cross with plain frosting. Makes two dozen.

Light Omelet

For each egg allow ⅛ teaspoon salt, shake of pepper, 1 tablespoon liquid (milk, cream, stock, tomato, etc.). Break whites and yolks separately, beating each until very light. Add liquid and seasoning to yolks, fold yolks into white, stirring as little as possible. Have omelet pan hot, melt in it 1 teaspoon shortening; turn in omelet and cook over slow fire until well browned on bottom, then set in oven until top is set. Fold carefully not to break crust and turn onto hot dish. Serve at once. Allow one egg to each service.

Additions Which Dress Up the Light Omelet

Three tablespoons fresh mushrooms, peeled, chopped and fried lightly in just enough shortening to keep from sticking; 1 cup stewed kidney. Serve with tomato sauce, adding to it extra gravy from kidneys; three sardines skinned and boned, broken into bits and seasoned lightly with cayenne and lemon juice; ½ cup Lyonnaise potato.

To Fold and Turn Omelet

Hold an omelet pan by handle in left hand, with knife make 2-inch cuts opposite each other at right angles to handle, place knife under omelet nearest handle, tip pan slowly over to hot platter, pass knife under omelet slowly when omelet will fold out.

EASTER DINNER MENU

Broiled Ham, Platter Gravy *New Potatoes and Peas*
Water Lily or Easter Salad
Hot Biscuits *Currant Jelly*
Angel Cream

Broiled Ham, Platter Gravy

Score the fat of inch-thick slice of ham, rind removed. Broil until brown on one side, turn to other and brown that. Rub with brown sugar while broiling. Serve the juice that runs into the broiling pan as the platter gravy, diluting it with water if desired.

New Potatoes and Peas

Boil new potatoes and new shelled peas separately. When both are tender, combine them, butter generously, add a little cream, salt and pepper and minced parsley. Mix around in pan, pour into serving dish and serve with the ham from table.

Water Lily Salad

6 eggs hard cooked . . . 1 head lettuce . . . boiled salad dressing

Wash lettuce and reserve twelve medium sized leaves and cut rest into thin shreds. Remove shells from hard cooked eggs; ½ inch from each end of each egg, start cutting about six slanting lines at equal distances from each other, cutting clear through the white. Now cut six slanting lines the other way, starting at the same point, these lines should not be cut nearer the ends of the egg than half an inch. Lift up the points carefully and remove yolks, laying lilies on beds of shredded lettuce. Mix the yolks with boiled dressing, form balls and place in center of lilies. Serve cold.

Easter Salad

Lay on individual plates four crisp pieces of Romaine in fan shape and between the stalks lay thin, wedge shaped pieces of hard cooked egg. On each of the leaves place small balls made from chopped pickled beets, capers, minced celery and thick mayonnaise dressing and garnish with tiny pink radishes and a few asparagus tips.

Angel Cream

Make angel food cake in small muffin pans. Break them in two when cold, place two parts in serving dish, pour whipped cream over each lower portion, place top of cup cake on the cream, add another portion cream and top off with chopped candied fruits and nut meats. Chill thoroughly next to ice before serving.

Easter Egg Desserts

Another very pretty dessert is accomplished by molding any light cream mixture, with fruit, in the large melon molds. A realistic easter egg, large size, may be obtained by forcing vanilla ice cream into wet melon mold, filling center with orange ice, and topping off with vanilla ice cream again. This is served immediately. Turn the mold out onto cold platter, cut in slices and serve with angel food.

FRENCH DINNER

French Vegetable Soup
Pilou Francais
Lima Beans Neufchatel
Apple Meringue

French Vegetable Soup

Cut up equal quantities of a variety of left-over vegetables. Brown them all in frying pan with butter or margarine, add just enough water to cover, season with salt, pepper, paprika, and cook till tender. Drain, press through a sieve, and return pulp to the liquid in which vegetables were cooked. Serve very hot, with small squares toasted bread.

Pilou Francaise

2 chickens . . . ½ cup rice . . . 2 tablespoons butter . . . 2 egg yolks
Bread crumbs

Boil the chickens. When done, cook the rice in the chicken broth, reserving 2 cups of the liquor. While rice is cooking, add the butter to it after 20 minutes.

Butter a baking dish, spread out half the rice in it, then lay the chickens

which have been cut up for fricassee on top of rice. Add the remaining chicken broth, then cover the fowl with rest of rice. Smooth over top, spread over it the well beaten egg yolks, and sprinkle with bread crumbs. Dot bits of butter over it. Set in hot oven until browned, serve hot.

Lima Beans Neufchatel

2 cups fresh lima beans (or canned ones) . . . 1 teaspoon salt
¼ cup butter or margarine . . . 1½ cups milk . . . 2 beaten egg yolks

Cook beans in boiling salted water till tender. If using canned beans, heat in own liquor. Drain, remove skins by slipping them off, and return to pan. Add everything else except eggs, finish cooking. Just before serving, add the beaten egg yolks, and serve immediately.

Apple Meringue

Cover bottom and sides of baking pan with toasted bread, wet with hot milk. Core a dozen apples, and cook them whole. Sweeten them with sugar, season with nutmeg.

Beat 3 egg yolks with a little sugar and pour over the apples, which have been placed in the baking pan. Cover with stiffly beaten egg whites (3) and bake in slow oven 325° about 5 minutes.

CHINESE DINNER

Tea
Gai Grun Yung Waa
Egg Fou Yung
Chicken Chow Mein
Lai Yut

Gai Grun Yung Waa

This is Birds Nest Soup. Combine ½ lb. Irish moss with 2 cups chicken stock, ½ lb. cooked breast meat of chicken, 1 cooked egg, ¼ cup minced ham, salt and pepper. The Irish moss or seaweed is first boiled ½ hour, until very soft, then drained and put in cold water. The chicken meat is pounded to pulp and 1 cup of the cold stock, in which the moss was cooked, is added. The moss is then removed from the cold water, drained and put into sauce pan to cook ½ hour, being covered with water. The chicken meat and egg are added.

Egg Fou Yung

For each service, beat 1 egg with 1 tablespoon water, little salt and pepper. Cut 1 small onion very fine, cook 3 minutes in 2 tablespoons fat. Add

¼ cup bean sprouts (canned) in small pieces, ½ cup raw chicken, stir until meat is cooked through.

Put 1 teaspoon fat in small omelet pan, when hot put in 2 tablespoons of the egg mixture, shake it around in pan and cover it with two tablespoons of the chicken mixture, then with the rest of the egg mixture. Cook slowly till brown underneath, turn like pancake and brown other side. Serve with Fou Yung Sauce.

Fou Yung Sauce

Melt 2 tablespoons butter, add ½ slice chopped onion and 2 tablespoons bean sprouts. Add 2 tablespoons flour, smooth it with the other mixture, then add 1 cup boiling water in which a bouillon cube has been dissolved. Boil 1 minute. Add ½ teaspoon Soy Sauce, and salt and pepper.

Chicken Chow Mein

Cook ¼ pound noodles (thin string variety) in a quart of hot peanut oil till crisp, then drain them.

Cut ½ lb. pork or chicken and ½ lb. lobster or veal into small pieces, fry 5 minutes in frying pan, then let it simmer in butter. Add well chopped vegetables—half bunch celery, 1 onion, ½ lb. dried mushrooms—and simmer till tender.

Place the noodles in bottom of flat dish, pour the meat and vegetable mixture over them, topping off with slivers of boiled or baked ham and yolks of hard cooked eggs.

Lai Yut

Make a pastry dough, using rice flour. Roll dough out, brush it with whites of two beaten eggs. Fold dough over several times, each time brushing with egg. Then roll dough out again like cookie dough, and cut into rounds.

Make a filling of 2 cups lychee nuts stoned and mashed to a pulp, 1½ cups sugar, 1 teaspoon mixed spices and 1 cup crystallized limes, all mixed. Put filling into the dough placed in tart shells. Bake.

PARTY PASTRY

Sweet Pastry Dough No. 1

2 tablespoons shortening . . . 1 cup flour . . . ½ teaspoon baking powder
¼ cup sugar . . . 1 egg

Mix dry ingredients, cut in butter, add egg. Chill and roll. This will make 5 tart shells.

Sweet Pastry Dough No. 2

2 egg yolks . . . ¼ cup cold water . . . 1 cup shortening . . . 2 cups flour
⅓ cup sugar . . . 1 lemon (juice and rind)

Beat egg yolks, add water; combine dry ingredients and mix with egg, then lemon juice and rind. Chill before rolling. This will make 10 tart shells.

Sweet Cheese Pastry

⅔ cup shortening . . . 3 ozs. cream cheese . . . 4 tablespoons sugar
2 cups flour

Mix shortening and cheese together, add flour and sugar and mix well. Chill in the ice box over night. This will make 2 crusts.

Vienna Tarts

½ cup cottage cheese . . . ⅓ cup shortening . . . 1¼ cups flour

Mix together with a fork until smooth. Chill well. Roll into thin sheet and cut in 3 inch squares. Drop a spoonful of jelly or sweetened fruit in centre, and press edges to form any shape desired. Bake in a quick oven.

MacDonald's Hot Water Pastry

2 cups flour . . . 1 teaspoon salt . . . 1 cup shortening . . . ½ cup boiling water

Pour boiling water over shortening, dissolving it. Then sift in dry ingredients, stirring quickly, and kneading in well, making sure of a good, smooth dough. Roll out on slightly floured board. Bake in hot oven. This will make 2 crusts.

Puff Paste

1½ cups flour . . . ½ teaspoon salt . . . 1 cup shortening . . . ice water

Cut 2 tablespoons shortening into sifted dry ingredients. Moisten to a dough with ice water, pat and roll about ¼ inch thick on slightly floured board. Dot paste with ⅓ of remaining shortening. Dredge lightly with flour, fold from ends toward center, then double, making four layers. Chill, then pat and roll out. Repeat until shortening is used. Roll, shape, chill and bake in hot oven. This will make 2 crusts.

Patty Cases

Make recipe for Puff Paste. It will be sufficient for 6 large cases, or 10 small ones. To shape the paste for patty roll ¼ inch thick and stamp out with 2¼ inch cutter twice as many pieces as you wish shells. Cut centers from one half of them, leaving rim about ½ inch wide. Lay these rings on the whole rounds, pressing them down that they may stick together. In very cold weather it may be necessary to wet the top of the large rounds

near the edge to make sure that the rings do not slip. To make very deep shells, roll the paste about ⅛ inch thick and lay on two rings or even three; but they are troublesome to make as they are apt to slip to one side. The oven should be as hot as for baking white bread. Patty shells should rise in ten minutes and then take about 20 minutes longer to bake through and brown. There will usually be in the center a little soft dough that should be picked out with a fork, taking great care not to break through the side or bottom crust.

Meringues

Beat the whites of six eggs until stiff and dry, that is, until the bowl containing the whites can be turned upside down without losing any of the egg. Add gradually, while continuing to beat, 1½ cups of powdered sugar and beat until the mixture will hold its shape. Drop from spoon on cookie sheet or paper. Place on the grate in a very slow oven and bake 40 to 45 minutes, leaving the oven open during the last 10 minutes. The meringues should be but slightly colored and firm to the touch. Remove from oven, scoop out soft insides and return shells to oven to dry out.

Green Gage Meringue in Halves of Cantaloupes

12 ripe green gages . . . 1 tablespoon powdered sugar . . . 2 egg whites, beaten stiff
Few grains of salt . . . a little grated nutmeg . . . 1 cup cream, whipped
Cantaloupes . . . candied cherries

Peel and remove the pits from the green gages, and mash the fruit, adding the powdered sugar. Allow them to stand on ice until thoroughly chilled, and after draining, fold in the stiffly whipped whites of eggs. Add salt, nutmeg, and a cup of cream. Heap the meringue in small mounds in ½ cantaloupes that have been on ice at least 24 hours, and serve immediately, ornamenting each portion with a few crystallized cherries. Serves six.

Cream Puffs

½ cup shortening . . . 1 cup boiling water . . . ¼ teaspoon salt
1 cup flour . . . 4 eggs

Add the salt and shortening to the water. When boiling add the flour all at once, stirring constantly until the mixture leaves the side of the pan. Remove from the fire and add the unbeaten eggs, one at a time, beating continually. Drop by spoonfuls on to a slightly greased pan which has been lightly dusted with flour, about 2 inches apart. Bake in a hot oven 15 minutes, then reduce temperature to moderate oven for remaining 30 minutes. Upon removing from oven pierce with sharp knife to let out steam. When baked fill. This will make 20, dropped from tablespoon, or many more dropped from a teaspoon.

Chocolate Eclairs

Shape cream puff mixture on well greased sheets in oblong pieces about 4 inches long, and 1½ inches wide, placed 4 inches apart. As soon as they are done treat same as cream puffs. Ice with chocolate or vanilla frosting. When icing is cold, cut the eclairs on the side and fill either with whipped cream, a custard, or preserved fruit.

Dutch Pie

9 zwiebach . . . 1 can condensed milk . . . 5 egg yolks, beaten . . . 2 lemons (juice)
1 tablespoon cornstarch . . . 5 egg whites, beaten stiff . . . 2 tablespoons shortening

Roll Zwiebach into very fine crumbs. Grease well a deep pie dish and spread half the crumbs in it. Add egg yolks to milk, then lemon juice, which has been mixed with corn starch. When well mixed, add whites of eggs and pour into pan. Cover with remaining Zwiebach crumbs, dot with shortening and bake in moderate oven (375° F.) for 30 minutes. Serves six.

PARTY TORTES

Chocolate Torte

1 cup shortening . . . 1½ cups sugar . . . 3 egg yolks, beaten
3 squares chocolate, melted . . . 1 cup cold riced potato (unseasoned)
1 cup finely chopped walnuts . . . grated rind of 1 lemon . . . 2 cups pastry flour
3 teaspoons baking powder . . . ½ teaspoon salt . . . 3 egg whites, beaten stiff

Cream shortening with sugar, add egg yolks and chocolate. Add potato, nuts, grated lemon rind and remaining dry ingredients sifted together. Lastly fold in stiffly beaten egg whites. Bake in a thin sheet in a moderate oven (about 350° F.) 20 or 25 minutes. Serve with sweetened whipped cream. Twelve generous servings.

Doris B's Blitz Torte

½ cup shortening . . . ½ cup sugar . . . 4 egg yolks . . . 2 tablespoons milk
½ cup flour . . . 1 teaspoon baking powder . . . 1 teaspoon vanilla
4 egg whites, beaten stiff . . 1 cup sugar . . . ¼ cup almonds (chopped)

Cream shortening and sugar, add yolks of eggs and beat until light and lemon colored. Add milk, flour, baking powder and vanilla and beat well. Spread the cake in two 8 inch pans. It will be very thin. Over cake dough, spread meringue of stiffly beaten egg whites with 1 cup of sugar and almonds, which have been chopped. Bake in a moderate oven (350° F) for 45 minutes. Serves six.

Linzer Torte

3 cups flour . . . 3 cups sugar . . . ½ lb. almonds, chopped very fine (leave peel on)
2 eggs, well beaten . . . ½ teaspoon allspice . . . a little citron
Few grains salt . . . 1 teaspoon vanilla

Combine ingredients in order given and mix to a stiff dough. Take a little more than half, roll it out and line a pie pan. Put a thick layer of jam (strawberry or raspberry preferred) and cut rest of dough in strips, and cover the same as you would prune pie. Brush strips with yolk of egg and bake in a moderate oven. Serves six.

Potato Torte

1¾ cups sugar . . . 8 egg yolks, beaten until light
1 cup almonds, ground (unblanched) . . . 1 lemon (juice and rind)
¾ cup flour (potato and white mixed) . . . 1 teaspoon baking powder
8 egg whites, beaten stiff

Add sugar to beaten egg yolks and beat well. Add almonds, lemon rind and juice. Mix in flour and baking powder sifted together and fold in whites of eggs. Bake in slow oven (300° F.) for 55 minutes in a loaf.

Swiss Torte

4 tablespoons shortening . . . 1½ cups sugar . . . ½ teaspoon soda
2 egg yolks, beaten . . . 2 cups flour . . . 1 teaspoon cream tartar
¼ teaspoon salt . . . 1 cup milk . . . 1 teaspoon vanilla . . . 2 egg whites, beaten stiff

Cream shortening and sugar together. Add soda and beaten egg yolks. Sift dry ingredients and add alternately with milk. Add vanilla and fold in egg whites. Bake in a shallow pan. Serve with whipped cream. Serves eight.

Schaum Torte

6 egg whites . . . 2 cups granulated sugar . . . 1 teaspoon flavoring
1 teaspoon vinegar or lemon juice

Beat the eggs stiffly, add sugar gradually, add vanilla and vinegar. Fold into greased pan and bake in moderate oven for about 1 hour, depending upon the thickness of torte. Very good, baked in layers and served with whipped cream or gelatine between. Serves four.

Rye Bread Date Torte

3 eggs, separated . . . 1 cup sugar . . . 1 cup chopped dates
½ cup chopped walnuts . . . 1 cup dry rye bread crumbs
1 teaspoon baking powder . . . 1 teaspoon vanilla

Beat egg whites very stiff, add well beaten egg yolks. Then add bread crumbs and all other ingredients. Bake at 375° for 25 minutes. Top with whipped cream.

CHAPTER XV

PANTRY PARKING

When you take stock of your pantry shelves, does your periodic and annual inventory reveal an assortment of unused dust-gatherers, or an efficiently organized variety of canned goods subject to frequent turnover?

Are there perennials such as a can of sardines, or a certain kind of vegetable, or an odd can of chili or pimientoes,—things that may not take well with the family, but still continue to occupy valuable shelf room in the pantry parking space?

Double-Purpose Pantry Parking

In this day of economy and age of efficiency, all shelf space is at a premium. There are two ways of solving the problem of caring for your canned goods, "storage," and "transient" parking.

Storage is the accepted and accustomed method of disposing of canned goods for the winter months. But it should be storage with a system—the fruits separated from each other, the canned vegetables apart from the meats, soups, jams, jellies, pickles, etc., each type given a different row or lane, the cans being assorted as they are put up or purchased as the case may be.

"Transient" Parking

The transients may be gathered from the storage shelves, or may be planned for definitely during the canning season for known requirements throughout the winter.

A workable arrangement for these shelves is to divide them into sections, each of which will be allotted to a certain use, such as "Company Dinners," "Bridge or Club Parties," "School Lunches," "Sunday Night Suppers," etc. These sections may be labelled if desired, and should each contain sufficient variety of canned goods to form the basis for a complete menu. The menus may be numbered to correspond with cards in your recipe file.

As soon as a section or menu number is used up, the same assortment should be canned or bought and filled into the vacancy, so that everything will be up-to-date, and ready at a minute's notice.

"Church Supper" Row

It is a good idea to fill the Church Supper shelf or space as you are canning or buying. Then you will not notice the demands made on your

supply by the refreshment committee! A can of jam here, a jar of jelly there, a pint of grapejuice, a quart of choice peaches or pears or string beans as you go, soon will fill up a good sized shelf, and you will have your donation ready for your turn.

"Company Dinner" Row

Each one of you has your own pet menu for company meals, but any of the following will offer a speedy solution to any unexpected turn events may take.

MENU 1

Chicken a la King *Asparagus Tip Salad* *Hot Biscuits*
Currant Jelly *String Beans* *Pineapple Bavarian*

Parked on Shelf:

1 jar or can boned chicken, or 1 can prepared chicken a la king
1 small can asparagus tips . . . ½ pt. or No. 1½ can, shredded pineapple
Small glass currant jelly . . . 1 pt. jar or No. 2 can string beans

MENU 2

Crab Cocktail *Roast Leg of Lamb* *Duchess Potatoes*
Peas *Cucumber Boat Salad*
Frozen Fruit Pudding *Coffee*

Parked on Shelf:

1 can crab flakes . . . 1 bottle cocktail sauce . . . No. 2 can or 1 pt. jar peas
No. 2½ can or 1 qt. jar fruits for salad

MENU 3

Cream of Tomato Soup *Baked Halibut with Cress Sauce*
Spinach Timbales *Lettuce with Russian Dressing*
Apple Topsy-Turvy *Coffee*

Parked on Shelf:

1 can tomato soup, condensed . . . No. 2½ can spinach . . . . 4 oz. jar mayonnaise
1 small bottle chili sauce . . . 1 small bottle stuffed olives
1 pt. jar cooked apples in quarters

"Sunday Night Supper" Row

MENU 1

Tomato Soup *Kidney Bean Salad*
Pear Meringues *Tea*

Parked on Shelf:

1 can tomato soup, condensed . . . No. 2 can kidney beans
1 small bottle sweet pickles . . . No. 2½ can halved pears

MENU 2

Creamed Tuna Fish with Toast Points *Stuffed Tomato Salad*
Brown Bread Sandwiches *Hot Chocolate with Marshmallows*
Olives

Parked on Shelf:
1 can tuna fish . . . 1 jar green olives . . . 1 small can pimientoes

MENU 3

Italian Spaghetti *Sliced Cold Meats* *Currant Jelly Sauce*
Green Peppers Stuffed with Spanish Corn *Peach Melba*
Coffee or Tea

Parked on Shelf:
1 can prepared spaghetti . . . 1 glass currant jelly . . . No. 2 can or 1 pt. jar corn
1 small can pimientoes . . . No. 2½ can or 1 qt. jar halved peaches

"Bridge or Club Party" Row

MENU 1

Creamed Mushrooms *Hot Orange Biscuits*
Fruit Gelatine *Coffee or Tea*

Parked on Shelf:
1 can mushrooms . . . 1 jar orange marmalade
No. 2 can or 1 pt. jar fruits for salad

MENU 2

Piccalilli Sandwiches *Cream Cheese Sandwiches* *Hot Chocolate*
Choice Canned Raspberries with Small Cakes or Cookies

Parked on Shelf:
1 jar or bottle piccalilli . . . No. 2½ can or 1 qt. jar choice raspberries

MENU 3

Sliced Assorted Cold Meats *Cider Gelatine* *Hot Rolls*
Blueberry Tarts *Coffee or Tea*

Parked on Shelf:
1 qt. bottle cider . . . No. 2 can or 1 pt. jar blueberries

Transient parking, once tried, will be continued because of its convenience and usability.

PART THREE

CHAPTER I

OUTDOOR AND CAMPING RECIPES

There is a charm about outdoor meals that makes them particularly interesting as a form of entertaining in the spring and summer months. People like the informality of the meals, and the background of green trees or woods or seashore make appetites keen.

For the ordinary family picnic here in the United States, some form of salad or sandwich is usually served. Sandwiches may be prepared ahead of time and wrapped in wax paper; or the fillings may be carried in small glass jars, the butter that way also, and the bread, already sliced and spread, in wax paper. The various kinds of rolls are also popular for sandwiches. Here are some favorite recipes for these family picnics.

Chili

1 lb. beef, cut in cubes . . . 2 tablespoons shortening . . . 1 green pepper
1 onion, chopped . . . ½ cup tomato . . . salt and pepper
½ teaspoon paprika . . . 1 cup kidney beans

Brown the meat in the hot shortening, add the pepper and onion and fry golden brown. Add tomato, seasoning and water and cook until meat is tender. Cook beans separately. Combine meat and beans and bring to the boiling point. Carry in waxed or glass containers.

Picnic Gingerbread

¾ cup shortening . . . 1 cup sugar . . . 1 cup molasses . . . 3 eggs
1 cup sour milk . . . 4 cups bread flour . . . 2 teaspoons soda
2 teaspoons ginger . . . ½ teaspoon salt

Cream shortening, add sugar, then eggs unbeaten and beat all well together. Combine molasses and sour milk, add alternately to first mixture with the sifted dry ingredients. Bake in greased loaf pan, moderate 350° oven about 40 minutes. Carry to picnic in the loaf pan.

German Potato Salad No. 1

6 medium sized potatoes . . . ¼ lb. fat bacon . . . 1 small onion . . . 2 teaspoons salt
¼ teaspoon black pepper . . . ½ cup hot vinegar . . . ½ cup hot water
2 tablespoons salad oil

Boil the potatoes and after draining set them over the fire to dry. Peel and slice while warm. Cover at once with dressing made as follows: Cut

the bacon into small dice, put in frying pan over a slow fire. Shred the onion into a large bowl, add salt, pepper, hot vinegar and hot water. When the fat is a light brown color and the bacon dice well crisped, add the salad oil and pour it into the vinegar and onion, turning it slowly at first lest it spatter. Serve on crisp lettuce leaves, garnish with pickled beets. Best served as soon as made.

German Potato Salad No. 2

10 medium sized potatoes . . . 1 onion . . . 1 teaspoon salt . . . ½ teaspoon pepper
1 egg yolk . . . 2 tablespoons olive oil . . . 5 tablespoons vinegar
Chopped parsley . . . ¾ cup boiling water

Boil and peel the potatoes and slice them while still hot. Spread over the potatoes the onion, sliced fine, and sprinkle with salt and pepper. In a bowl mix the yolk of egg, the oil and vinegar, and pour it over the potatoes; pour over all boiling water. This is in order that the salad will not have the common fault of being too dry. Add parsley. After thoroughly mixing, cover the salad, and let it stand for a few hours.

Hungarian Potato Salad

2 cups sliced cooked potatoes . . . 1 small onion, minced . . . 1 pickled beet, minced
1 cucumber, sliced . . . 1 spiced herring . . . 4 sardines
1 tablespoon minced boiled ham . . . ¼ teaspoon black pepper . . . ½ cup vinegar

Remove bones and break into pieces the herring and sardines, mix all together and pour over the one-half cup of vinegar, garnish with walnut pickle.

Baked Bean Salad

2 cups baked beans . . . 2 cups shaved cabbage . . . 5 tablespoons diced onion
2 tablespoons diced pimientos . . . 1 cup mayonnaise, or boiled dressing

Mix lightly all ingredients, and serve on lettuce leaves, garnished with parsley and pimiento rings.

Potato Salad No. 1

1 qt. cold cooked potatoes, sliced . . . 1 cucumber, sliced . . . 1 cup diced celery
2 cups boiled dressing . . . 2 teaspoons salt . . . ¼ teaspoon black pepper

Arrange in alternate layers the potatoes, cucumber and celery, sprinkled with seasonings. Add the dressing; do not stir, but lift it carefully with forks.

Potato Salad No. 2

1 qt. cold boiled potatoes . . . 1 pt. diced celery . . . 1 cup peas
2 small cucumber pickles, minced . . . olives, minced

Dice potatoes, add celery and peas. Finely minced cucumber pickles and olives may be added. Combine with a liberal amount of French dressing

flavored with tarragon vinegar and onion juice to taste; or with mayonnaise made with these seasonings. Either dressing makes an excellent salad.

Devilled Eggs

2 tablespoons shortening . . . 1 level teaspoon dry mustard
2 tablespoons tomato catsup . . . ¼ teaspoon pepper or paprika . . . ⅓ teaspoon salt
2 tablespoons Worcestershire sauce . . . 6 hard cooked eggs

Put together in the chafing dish and heat all the ingredients, except the eggs. Bring to the boiling point and add the eggs cut in slices. Heat and serve on hot buttered toast. Serves six.

Potato and Egg Salad

6 eggs, hard cooked . . . 6 medium sized potatoes, boiled
2 tablespoons chopped onion . . . French dressing . . . mayonnaise

Cube hard cooked eggs, reserving one for garnish, and mix with diced, hot potatoes. Add chopped onion and French dressing. Serve very cold on crisp lettuce leaves, garnish with mayonnaise and sliced hard cooked egg.

Fried Chicken

Chickens will do for frying up to six months old if they are plump and in good condition. Dress, singe, clean and wipe with wet cloth. Cut in quarters and season with salt and pepper. Roll in flour and fry in hot fat from salt pork until brown on both sides. Cover closely and reduce heat to cook slowly for 20 minutes more, or until tender. Allow ¾ to 1 pound chicken to each serving.

WILD GAME

Where the men in the family are addicted to periodic hunting trips, there will likely be some strange wild game to prepare. It is well for the women-folks to know how to cook a few things like this, for usually after the men get the game, they prefer to have the cooking done by some one else. Here are recipes for the more common types of game.

Fried Rabbit

Skin, singe and wipe rabbit, joint it and soak it in cold salted water for ½ hour. Wipe pieces of rabbit, dip them in flour and fry in hot fat until tender and brown on each side. Remove rabbit from pan and add heaping tablespoon of flour and about 3 cups water. Bring to boil and when thickened add salt, pepper, teaspoon chopped parsley, little grated lemon rind and 2 tablespoons currant jelly. Serve sauce in sauce bowl. Garnish rabbit with green parsley. Serves four.

Broiled Rabbit

Skin, singe and wipe rabbit. Prepare for broiler like chicken and cook over charcoal embers till done. Season with salt and pepper just before it is finished and pour over melted shortening mixed with 2 tablespoons vinegar, 1 tablespoon mustard. Serve with Ravigote sauce. Serves four.

Roast Hare

Skin and wipe hare, stuff and sew up carefully. Truss forelegs back and hind legs forward, and put in baking pan; fasten thin slices bacon over shoulders and back, put into quick oven and bake 1½ hours, basting every 10 minutes with ¼ cup butter in ½ cup boiling water. When one-half done dredge with flour and baste once more. Remove to hot platter and garnish with slices of lemon and water-cress.

Stuffing: Make moist stuffing as for chicken, using water in which giblets were boiled and working in minced giblet meat. Allow 1 lb. for each serving.

Stuffing No. 1 for Duck

½ lb. onions . . . 1 duck liver . . . 1 cupful grated bread crumbs
1 teaspoon sage . . . 1 teaspoon salt . . . ¼ teaspoon pepper

Mince, blanch and drain the onions; parboil the liver and chop very fine; combine with the onions, bread crumbs and seasonings. This quantity is sufficient for one medium sized duck.

Squirrel Pot Pie

Prepare squirrels as rabbits, cut in pieces, flour and fry brown in tablespoon butter. Cover closely and stew for 1 hour. Make delicate biscuit crust, cut in rounds and lay them on top squirrel, let them boil, covered closely, 15 minutes; pile squirrel in center of hot platter, arrange dumplings along it. Thicken gravy with 1 tablespoon flour browned in 1 tablespoon butter and pour gravy over meat.

Venison Pastry

Use for this neck, breast, flank and other portions that are not suitable for roasting. Wash with vinegar, rub with sugar and hang in cool, airy place as long as possible. Examine every day and wipe night and morning with dry cloth. When it is to be used sponge with lukewarm water and dry with cloth. Bone it and cut meat free from skin into pieces 2 ins. square. Parboil till meat begins to be tender, then season well and lay in baking dish of which sides have been lined with good pastry. Arrange pieces, fat and lean together, adding more seasoning if needed and dot well with bits of butter and enough stock to cover bottom of dish well. Cover with thick crust and bake till crust is thoroughly done. While it is

being baked put all bones and trimmings in covered stewpan with mace, pepper, salt and cold water to cover pieces. Simmer till all goodness is out of the bones and water reduced one-half. Strain, cool and remove the fat. When pie is done heat up gravy with lemon juice. Put funnel through the hole in crust and pour gravy in. Good either hot or cold.

Chopped Venison

An easy way to prepare venison is to put 1½ lbs. fresh raw venison through the meat chopper with ¼ lb. raw bacon and 1 small onion. Mix well, add 1 egg, 1 teaspoon salt and pepper to taste. Form into cakes, roll them in flour and fry in frying pan with just enough fat to prevent burning.

SEA FOODS AND SHORE DINNERS

Many and varied are the sea foods which are found on the east, west and south coasts of this country. Shore Dinners are the favorite mode of entertainment where these foods are available in fresh form. Here are recipes which are favorites for this particular method of entertaining guests at outdoor meals at the seaside.

Soft Shelled Crabs

Lift each point of back shell and remove spongy substance found beneath it, taking care to scrape and cut away every bit. Turn crab on its back and remove semi-circular piece dark, soft shell called "apron" or "flap" and more of the same spongy substance lying under it. Wash in cold water and dry carefully on towel. Season with salt and pepper, dip in egg and roll in crumbs. Fry about 3 minutes in a very hot fat, putting in only two at a time, as they should be ice cold when prepared. Serve with tartar sauce. Allow one large crab to a service.

Fried Soft-Shell Crabs

Wash always in cold water, as hot water spoils flavor. Remove all sand, also sand bag between eyes, "apron" and the spongy growths under side points. Rinse well again in cold water and dry thoroughly with clean towel. Season a pint rich milk well with pepper and salt. Season crabs also; lay them in milk, rubbing them so it may impregnate them throughout. Take out, roll in sifted flour, patting lightly as you roll, shaking free of loose flour. Have deep fat, very hot—it must be deep enough to swim crabs. Drop them gently, fry to delicate brown, skim out, drain on hot, brown paper, and serve garnished with fried parsley and sliced lemon. Serve with tartar sauce. Allow one large crab to a serving.

Devilled Crabs

1 doz. crabs . . . bread crumbs . . . ½ cup shortening . . . ½ teaspoon mustard
1 teaspoon salt . . . few grains cayenne

Remove meat from shells, carefully discarding bones. Put meat in bowl and mix with it equal quantity fine bread crumbs. Work shortening to light cream, add seasonings and stir, little at time, mix crabs and crumbs. Fill crab shells with mixture, sprinkle buttered bread crumbs over top, brown quickly in hot oven. Serves six.

Broiled Crabs

Prepare as above, but cook in broiler over clear, hot coals for 8 to 10 minutes. Serve with melted butter and lemon juice poured over it.

Oysters on the Half Shell

Keep on ice till serving time. Have small soup-plates half full fine ice and lay oysters in deep half of shell on plates as fast as opened. Salt, pepper and cut lemon should be served at side, and true oyster lovers will use no other sauce. Small oysters are preferred, and four to six are enough to each plate.

Oyster Pancakes

1 doz. oysters . . . ½ cup oyster liquor . . . ½ cup milk . . . 1 egg beaten
1 cup flour . . . 2 teaspoons baking powder . . . ½ teaspoon salt . . . pepper

Mix oyster liquor with milk, add beaten egg, then stir in sifted dry ingredients. Add oysters whole if small, chopped if large, and fry until brown. Serves four.

Boston Clam Chowder

Remove clams from can, strain juice. Cut slice salt pork into small cubes, and in it cook one thinly sliced onion until yellow. Add 1 cup water and the strained clam juice and simmer 10 minutes. Parboil 1 cup sliced potatoes, drain them, and pour the onion water over them through a strainer. Now add whole clams and let cook until the potatoes are tender, then boil mixture 3 minutes. Make a sauce of the butter, flour and milk, add seasonings. Combine the sauce with the cooked mixture and serve very hot. (If enjoyed, ¼ teaspoon thyme may be added for flavor.)

Coney Island Clam Chowder

1 tablespoon chopped salt pork . . . ½ cup sliced onion . . . 1 doz. clams
1 cup cubed potato . . . ½ cup cubed carrots . . . ½ cup chopped celery
1 qt. water . . . ½ cup tomato . . . ½ teaspoon salt . . . 1/16 teaspoon pepper
½ tablespoon shortening

Brown salt pork and onions together, clean and pick over clams, reserving liquor; chop finely. Cook potatoes, carrots and celery in boiling salted

water until almost done. Add clam liquor, salt pork and onions, clams and tomatoes. Season and stir in shortening just before serving. Serves six.

Clam Pie

3 doz. clams . . . 1 cup clam juice . . . 1 cup milk . . . 1 cup cream
3 tablespoons flour . . . 3 tablespoons shortening . . . ¼ teaspoon pepper
1 small onion, grated . . . biscuit shortcake . . . grated cheese

Wash and steam open clams, chop them coarsely, then set to drain. Take 1 cup clam juice, milk and cream; heat and thicken with shortening and flour rubbed to paste, add pepper and grated onion and stir in clams. Have ready biscuit shortcake, split and butter it well, fill with clam mixture, cover and butter top and sprinkle thickly with grated cheese. Dust with little cayenne and brown quickly in oven. Serve at once. Serves six.

Corn Chowder

4 slices bacon . . . 2 cups corn (cooked) . . . 2 medium potatoes (cooked)
1 medium carrot (cooked) . . . 4 tablespoons navy beans or soy beans (cooked)
2½ cups diluted evaporated milk . . . 1 teaspoon salt . . . ⅛ teaspoon pepper

Cut bacon in pieces, fry, add cooked vegetables, then milk. Cook until thoroughly heated, add seasonings and serve. Serves eight to ten.

Corn and Potato Chowder

1 medium sized onion, sliced . . . 1 tablespoon shortening . . . ¼ teaspoon salt
¼ teaspoon paprika . . . ½ can corn . . . 1 cup boiling water
2 large diced potatoes . . . 1 pt. milk

Brown the onion in the shortening, add seasoning, corn, boiling water and potato and cook until the potato is soft. Add the milk and bring to the boiling point. Serves six.

Broiled Scrod

Scrod is young cod, may weigh from 2½ to 5 lbs., the best weight 4 to 5 lbs. Clean and wipe as usual, cut down belly, remove backbone, place on hot greased broiler, sprinkle with salt and pepper and cook from 20 to 25 minutes. Remove to hot platter and spread with butter.

Baked Blue Fish

1 tablespoon green ginger . . . 1 slice onion . . . 1 teaspoon chopped parsley
1 cup bread crumbs . . . 1 tablespoon curry powder . . . 2 green peppers, chopped fine
2 tablespoons melted shortening

Dredge large blue fish with salt and pepper. Stuff fish with dressing made from ingredients above and bake in hot oven, allowing 10 minutes to pound, basting frequently with melted shortening and hot water. Serve with garnish of lemon and parsley. Allow ½ lb. to each serving.

CHAPTER II

REFRIGERATOR MENUS

Since the perfection of the mechanical refrigerator, meals prepared ahead of time may be kept in good condition until ready to use. It is also possible to plan meals that are practically all finished up in the refrigerator. These meals should, unless weather be very hot, contain at least one warm food, such as soup, broth or beverage, so that the stomach will not receive a totally cold meal. Even rolls or baking powder biscuits may be prepared in the morning, and the dough placed in refrigerator until ready to bake. This proves a great help in entertaining, or when the homemaker wishes to be absent most of the day on other business, because the meal will be practically ready when she gets back home.

MENU 1

Jellied Cheese Salad
Hot Rolls
Macaroon Parfait

Jellied Cheese Salad

1 tablespoon gelatine . . . ¼ cup cold water . . . ½ cup boiling water
1 cup grated cheese . . . 1 cup cream, whipped . . . seasonings to taste

Soften gelatine in the cold water and dissolve in the boiling water, and set aside to chill. Cream the cheese with a little of the cream, and season, as desired. Worcestershire sauce, onion juice, prepared mustard or any other highly seasoned food, such as anchovies, may be added. When gelatine begins to thicken mix the cheese in well, then fold in stiffly beaten cream. Pour in sheet mold and cut in squares to serve, when thoroughly chilled. Individual molds are also attractive.

Macaroon Parfait

1 cup sugar . . . 1 cup water . . . 3 egg whites, beaten . . . 2 cups cream, whipped
1 tablespoon sherry . . . 1 cup crumbled macaroons . . . 1 tablespoon vanilla

Boil sugar and water until it threads. Pour gradually on the egg whites, stirring constantly. Stir in whipped cream, crumbled macaroons and flavoring. Freeze for 5 hours. Serves eight.

MENU 2

Hot Canned Soup
Hard Cooked Eggs *Potato Salad*
Jellied Fruit Salad
Pistachio Dessert

The hard cooked eggs and the potato salad are prepared ahead of time and placed in the mechanical refrigerator. The eggs may be wrapped in wax paper, and the salad kept in a mason glass jar.

Jellied Fruit Salad

6 apples, diced . . . 1 cup celery, diced . . . 1 can pineapple, diced
½ lb. dates, chopped . . . 4 tablespoons salad dressing
2 cups raspberry or strawberry gelatine . . . ⅓ cup nut meats, chopped
1 cup cream, whipped

Mix the fruit, celery, salad dressing and one-fourth of the whipped cream. Arrange alternately the fruit, the gelatine and the cream in layers in a bowl. Sprinkle nuts on the top layer of cream.

Pistachio Dessert

1 cup sugar . . . 1 cup water . . . 3 egg whites, beaten stiff . . . green coloring
Few drops pistachio . . . ½ cup pistachio nuts, chopped . . . 2 cups cream, whipped

Cook sugar and water until it threads. Pour gradually over egg whites. Add to cream and then add flavoring, pistachio nuts and green coloring to tint delicately. Freeze for 5 hours. Serves six.

MENU 3

Jellied Chicken and Egg Salad
Orange Honey Biscuits
Baked Alaska with Meringue
Hot Tea

Jellied Chicken and Egg Salad

4 eggs, hard cooked . . . 1 onion, chopped . . . 1 red pepper, chopped
1 teaspoon salt . . . 1 tablespoon Worcestershire sauce
1½ cups chicken stock or water . . . 2 tablespoons gelatine
¼ cup cold water . . . 2 cups diced chicken, cooked

Cook eggs until hard and cool. Cook onion, pepper, salt and Worcestershire in stock, and add this hot to gelatine which has been softened in cold water. When thoroughly dissolved pour into an oblong wetted mold to the depth of ½ inch, and set on ice until stiffened. Arrange slices of egg

on the jelly. Add remainder of sliced eggs and diced chicken to the gelatine stock and pour all into the mold. Chill and serve in slices with salad dressing, either with or without lettuce.

Orange Honey Biscuits

Juice 2 oranges . . . grated rind 1 orange . . . ¾ cup sugar
1 tablespoon shortening . . . 1 egg yolk . . . ¼ cup grated pecans
1 tablespoon cornstarch

Cook together in double boiler till thick as honey. Spread over baking powder biscuit dough, rolled ¼ inch thick. Roll up like jelly roll, and roll in wax paper. Set away in refrigerator until ready for the meal. Then cut in slices like jelly roll, sprinkle with the sugar and bake in hot oven 12 minutes. Add the nuts immediately after taking from oven, or add to cooked mixture, whichever preferred.

Baked Alaska

Have ready a quart mold of ice cream, frozen very firm, and a piece of sponge cake, about 1 in. thick and 1 in. wider and longer than the mold of cream. Place a piece of paper on a meat or cutting board, upon this set the cake, and unmold the ice cream upon the cake. The cake should come out ½ in. beyond the mold of cream on all sides. With a silver knife spread a meringue over the ice cream and cake to completely cover them. Ornament with a pastry tube or fork and dredge the whole with granulated sugar. Then set the ice cream, just as it is, on the board into a hot oven, to brown the edges of the meringue evenly. By means of the paper, slide the browned ice cream to a platter and serve at once. Serves eight.

Meringue for Baked Alaska

6 egg whites, beaten stiff . . . 1 cup sugar . . . 1 teaspoon vanilla

Beat the whites of eggs until dry, then gradually fold in sugar. Beat thoroughly after all the sugar is added. Flavor with vanilla extract. The meringue acts as a non-conductor of heat.

MISCELLANEOUS REFRIGERATOR RECIPES

SALADS

Aspic Jelly

5 cups strong consomme . . . 1 tablespoon carrot, minced
1 tablespoon onion, minced . . . dash of cayenne . . . ½ teaspoon salt
⅛ teaspoon pepper . . . 2 teaspoons vinegar or lemon juice . . . 1 box gelatine
1 cup cold water . . . whites and shells of two eggs

Cook consomme, vegetables, seasonings, lemon juice for 10 minutes. Soak the gelatine in 1 cup of cold water, let stand for 20 minutes. Pour the hot broth over the soaked gelatine, add whole egg with crushed shells to the broth. Stir well together, remove from the fire and let stand for 30 minutes. Strain through flannel or two thicknesses of cheesecloth. In hot weather reduce liquid 1 cup.

Salad in Jelly

Make Aspic Jelly: Fill bottom of salad dish with a little of the jelly and set on ice. When hard, set in the salad dish on top of jelly, a bowl large enough to hold the desired amount of salad, and fill bowl with ice; pour jelly around until almost reaching top of the bowl; when jelly is hard, remove ice from bowl and fill with warm water for moment only; then remove bowl from jelly, being careful not to break jelly. Make any ordinary salad, such as chicken, veal, lobster, shrimp or red tomatoes sliced with a little green, celery or lettuce, mixed. Place salad in space left in jelly and cover salad with remaining jelly; set on ice.

Aspic of Chicken

Once the recipe for aspic jelly No. 1 . . . 3 slices cooked beet . . . 3 slices cooked carrot
Parsley . . . 1 hard cooked egg . . . 3 cups very tender cold chicken
Salt and pepper . . . celery salt . . . 1 cup mayonnaise
½ bunch celery, finely shredded

Rinse a 3-pt. border mold in cold water and pour in semi-congealed aspic to cover the bottom, set in ice to become firm, and as soon as they can be laid without sinking, garnish with the prepared vegetables, bits of parsley and egg. Pour on more of the jelly and harden again. Sprinkle the chicken well with salt, pepper and celery salt and mix with them some of the cool aspic. As soon as vegetables are firmly bedded in their layer, fill mold nearly to top with chicken, pour over more liquid aspic to make sure every crevice is filled, and cool again. Fill to brim with aspic and set on ice until firm. At serving time turn on a flat dish, fill the center with celery finely shaved and dressed with mayonnaise. Garnish with delicate celery leaves.

Perfection Salad

1½ tablespoons gelatine . . . ½ cup cold water . . . 1 cup boiling water
½ cup sugar . . . ½ cup mild vinegar . . . 2 tablespoons lemon juice
1 cup ginger ale . . . 1 teaspoon salt . . . 1 cup cabbage, finely shredded
2 cups celery, cut in small pieces . . . 2 pimientoes, cut in small pieces
½ cup red or green peppers, chopped

Soak gelatin in cold water, add boiling water and sugar, then vinegar, ginger ale, lemon juice and salt. Strain and when mixture starts to thicken

add remaining ingredients. Turn into mold dipped in cold water and chill. Serve on lettuce leaf and garnish with mayonnaise dressing.

Shrimp and Tomato Aspic

Cook one can tomatoes with ½ teaspoon salt, ½ teaspoon sugar, a dash pepper and one small onion sliced. Soften one-half box gelatine in cold water. When onion is cooked strain and bring liquid to a boil. Turn gelatine into hot liquid, stirring until dissolved, then set away to chill and harden. When ready to serve, break this aspic into small cubes and arrange shrimps on them, pouring plain mayonnaise dressing over all. Hard cooked eggs cut into fine slices make a pretty garnish.

Jellied Brazilian Salad

1 tablespoon gelatine . . . ¼ cup cold water . . . 1 cup boiling water
¼ cup sugar . . . ⅓ cup lemon juice . . . ½ teaspoon salt . . . ¼ cup celery
⅓ cup strawberries or red cherries . . . 1 orange . . . 4 Brazil nuts . . . 3 ripe olives

Soak gelatine in cold water, add boiling water and when dissolved add sugar, lemon juice and salt, strain and put a thin layer on the bottom of small molds. To remaining jelly add celery cut in fine pieces, strawberries, orange sections free from membrane and cut in pieces, nuts shredded and olives finely chopped.

Frozen Fruit Cheese Salad

1 cream cheese . . . 2 tablespoons cream . . . 2 tablespoons lemon juice
⅛ teaspoon salt . . . 1 cup canned pineapple, cut in small pieces
½ cup marshmallows, quartered . . . ½ cup pecans, cut in small pieces
1 cup cherries, pitted . . . 1 banana, sliced . . . 2 cup whipping cream
¾ cup mayonnaise

Work the cheese, cream, lemon juice and salt together until smooth. Add the pineapple, marshmallows, nuts, cherries and banana. Whip the cream and stir the mayonnaise into it. Fold this into the fruit mixture. Freeze in cubes and serve on a lettuce leaf. Time for freezing about 3 hours. 18 servings.

Cheese Mold Victoria

1 tablespoon granulated gelatine . . . ¼ cup cold water . . . ½ cup boiling water
Small sprig parsley . . . stuffed olives . . . 1 teaspoon shortening
¾ cup grated cheese . . . ½ teaspoon salt . . . shake of cayenne
3 tablespoons mayonnaise . . . 3 tablespoons whipped cream

Soak gelatine in cold water, dissolve in boiling water. Cool until it begins to stiffen. Spread the inside of ring mold with sufficient dissolved gelatine, using a clean pastry brush. Garnish with sprigs of parsley and stuffed olives cut in slices. Cool in ice box. Cream shortening and grated cheese, salt and pepper, and mayonnaise. Add remaining dissolved gelatine, mix-

ing well, then fold in whipped cream and fill the chilled mold. Leave in refrigerator until firm. To serve dip mold in warm water and invert on bed of lettuce. Fill center with salad to serve.

Frozen Fruit Salad No. 2

1 can grapefruit hearts . . . 1 orange (pulp) . . . 1 can pineapple (cut in pieces)
1 cup white cherries or peaches . . . 1 cup mayonnaise . . . ½ cup whipped cream

Mix fruits, add mayonnaise and whipped cream. Let stand in electrical refrigerator 3 hours. Serves eight.

Fruited Cheese Salad

3 ounce package cream cheese . . . ¼ cup mayonnaise . . . ½ cup cream, whipped
1 tablespoon lemon juice . . . 1 teaspoon sugar . . . ¼ teaspoon salt
½ cup cooked prunes . . . ½ cup cooked apricots . . . ½ cup pineapple

Mash cheese and blend with mayonnaise. Blend thoroughly with the cream whipped until stiff, add seasonings and the fruit cut in pieces. Put in ice tray of electric refrigerator and let stand three hours. Serve on lettuce with cream, mayonnaise or French dressing. Recipe serves eight.

Molded Salmon

Remove skin and bones from one can salmon and separate fish in small pieces. Mix together ½ teaspoon each of mustard, and salt, two tablespoons sugar, and yolks of three eggs, 1 cup thin cream and ¼ cup vinegar. Cook over water until thickened like custard. Remove from fire, and add ¼ tablespoon granulated gelatine which has been soaked in ¼ cup cold water, and strain over salmon. Mix thoroughly, turn into mold which has been dipped in cold water, and set away in cold place. Turn mold on bed of lettuce, and serve with cucumber dressing.

Vanilla Ice Cream

1 cup XX cream . . . ⅔ cup confectioners' sugar . . . 1½ cups single cream
1½ teaspoons vanilla

Whip XX cream until light and fluffy. Add sugar and vanilla. Carefully fold into this 1½ cups single cream. Pour into tray and allow to freeze to a mushy consistency.

Vanilla Custard Cream

1 cup sweet milk . . . ¾ cup granulated sugar . . . 2 tablespoons cornstarch
2 egg yolks . . . ⅓ cup single cream . . . 2 egg whites . . . pinch of salt
1½ cups XX cream . . . 2 teaspoons vanilla extract

Mix granulated sugar and cornstarch. Add scalded milk gradually, stirring constantly. Pour in top of double boiler and cook for 25 minutes.

Stir well several times during this cooking process. Remove from fire and add well-beaten egg yolks. Cook again for five minutes, stirring constantly. Add single cream, stir well and pour into mixing bowl to cool. If custard is rather lumpy, beat with egg beater or run custard through sieve. When custard is cool, fold in stiffly beaten egg whites to which salt has been added and place in electric refrigerator to chill. Whip cream, add vanilla and fold into custard. Pour into tray. In one hour remove and stir well.

Chocolate Custard Cream

Place two squares of bitter chocolate in top of double boiler and place over fire until dissolved. Add this mixture to the preceding custard before it is cool and before egg whites are added. Continue method in the preceding recipe.

Chocolate Ice Cream.

2 squares bitter chocolate . . . 1 cup granulated sugar . . . 1 cup milk . . . 2 egg yolks
1 teaspoon vanilla . . . 2 egg whites . . . 1 cup single cream
1 cup XX cream . . . pinch of salt

Melt chocolate in top of double boiler. Heat sugar and milk in top of second double boiler, then add well-beaten egg yolks. Cook for 5 minutes, then add to melted chocolate slowly. Stir well while combining the two. Cool, then fold in stiffly beaten egg whites. Chill, add single cream to custard, then fold in XX cream, which has been whipped and properly chilled. Pour into tray of refrigerator and freeze.

Strawberry Ice Cream

1 qt. strawberries . . . 1 cup granulated sugar . . . 2 tablespoons confectioners' sugar
2 cups XX cream . . . ½ cup single cream . . . 1 teaspoon vanilla . . . pinch of salt

Wash, stem and crush berries with sugar. Heat to boiling point. Remove from fire, add salt and cool. Run through sieve. Whip cream, add vanilla and confectioners' sugar and place in refrigerator to keep cool. Fold whipped cream into fruit mixture and pour into tray of refrigerator.

Coffee Ice Cream No. 1

¾ cup sugar . . . ¼ cup ground coffee . . . 1 cup milk . . . 4 eggs
⅛ teaspoon salt . . . 2 cups cream, whipped

Scald milk, and add coffee. Strain, add sugar and salt, mixed with slightly beaten eggs. Cook until thick, cool and add cream. Freeze for 5 hours. Serves six.

Royal Cherry Ice Cream

2 cups sugar . . . 1½ cups Royal Anne cherries . . . 1 lemon (juice)
2 cups cream, whipped

Remove pits from cherries; add the syrup from the can, the juice of the lemon and the sugar. Place on stove, stir until thick. Whip cream and add to the preceding mixture after it cools. Put in electric refrigerator and let stand over night. Serves eight.

Sour Milk Ice Cream

4 cups sour milk . . . 1½ cups sugar . . . 3 egg yolks . . . ⅔ cup lemon juice
3 lemons (grated rind) . . . 3 egg whites

Boil together lemon juice and sugar, and add egg yolks and lemon rind, then cool. Freeze sour milk to mush and add first mixture. Fold in stiffly beaten egg whites and freeze for 5 hours. Serves six.

Strawberry Sherbet

1½ cups sugar . . . 2 cups boiling strawberry juice . . . 1 lemon (juice and rind)
⅛ teaspoon salt . . . 2 egg yolks . . . 2 cups cream . . . 2 egg whites

Make as for Raspberry Sherbet. Serves eight to ten.

Lemon Cream Sherbet

1½ cups sugar . . . 2 cups boiling water . . . 2 lemons, juice . . . rind of 1 lemon
⅛ teaspoon salt . . . 2 egg yolks, well beaten . . . 2 cups cream, beaten stiff
2 egg whites, beaten stiff

Dissolve sugar in boiling water, add grated rind and juice of fruit and salt. Pour gradually over egg yolks, then cool and freeze to a mushy consistency in refrigerator pan. Add sugar to cream, then the egg whites, fold into half frozen mixture and continue freezing for about 5 hours. Serves eight to ten.

Frozen Apricot Mousse

2 cups sweetened pureed apricots . . . 2 cups apricot juice
½ pound marshmallows, cut up . . . 3 tablespoons cold water
1 tablespoon gelatine . . . ⅓ cup cold water . . . ¾ cup sugar
3 egg whites, beaten stiff . . . cup cream, whipped . . . ½ teaspoon salt

Mix the puree, apricot juice and marshmallows and stand over hot water until marshmallows are melted. Soften gelatine in cold water, dissolve over hot water and add to the first mixture. Boil water and sugar until it threads and pour over the whites of eggs. Combine with apricot mixture, then fold in cream and salt. Freeze in electric ice box or in salt and ice, packed 1 to 3, for 4 hours. Serve in tall glasses, topping with whipped cream. Serves twelve.

Maple Mousse

4 eggs, well beaten . . . 1 cup maple syrup . . . 1 teaspoon vanilla
2 cups cream, whipped

Beat the eggs very light, add the syrup and cook until it thickens, stirring constantly. Place the dish in a pan of ice water and stir until creamy, add the vanilla and the cream (whipped stiff). Fill a mold and pack in ice and salt for four hours. For the packing, use four parts ice and one part salt. Serves eight.

Coffee Mousse

1 tablespoon gelatine . . . ½ cup cold coffee
1 cup hot clear strong coffee . . . 2 cups cream . . . 1 cup powdered sugar

Soften gelatine in cold coffee, dissolve in hot coffee and cool. Whip cream very stiff, add the sugar and coffee mixture slowly, and allow it to chill over night in trays of electric refrigerator. Serves eight.

Orange Mousse

¾ cup sugar . . . 1 orange (grated rind) . . . ¼ cup cold water
1 tablespoon gelatine . . . 2 tablespoons cold water . . . 2 tablespoons lemon juice
⅔ cup orange juice . . . 1½ cups cream, whipped . . . ¼ cup pistachio nuts
¼ cup candied cherries

Put sugar in sauce pan, add rind of orange and water. Let boil for a minute, then add gelatine which has been softened in cold water and dissolve in hot syrup. Add fruit juices. Place in electrical refrigerator and when it begins to thicken, fold cream, nuts and cherries. Pour into mold and let stand in refrigerator for 3 hours. Serves six.

Strawberry Mousse

1 qt. strawberries . . . 1 cup sugar . . . 1 tablespoon gelatine
2 tablespoons cold water . . . 4 tablespoons hot water . . . 2 cups cream, whipped

Wash berries, remove hulls, add sugar and let stand one hour, then rub through sieve. Soak gelatine in cold water, then dissolve in hot water. Add to strained strawberries, fold in cream and place in pans of electric refrigerator for 4 or 5 hours. Serves eight.

Caramel Almond Sauce for Sundaes

Prepare one can of condensed milk to caramelize, by boiling constantly for 4 hours, covered with water at all times.

½ can condensed milk, caramelized . . . 2 tablespoons butter
4 tablespoons hot water . . . ½ cup blanched almonds, broken in pieces

Place the caramelized milk in double boiler, add butter and stir until melted. Add hot water gradually, stirring until smooth. Serve this over ice cream and garnish with almonds.

Biscuit Tortoni

1 cup ground macaroons . . . 1 cup thin cream . . . ⅔ cup sugar
½ cup sherry . . . 2 cups cream, whipped . . . 1 cup blanched almonds, minced

Soak the macaroons in the thin cream about forty-five minutes. Add sugar and sherry and freeze until mushy in pan of refrigerator. Brown almonds in oven and mince. Add whipped cream to the frozen mixture and pack in individual paper cases. Sprinkle almonds over top and freeze in refrigerator for five hours. Serves eight.

Frozen Pudding

1 pt. milk . . . ⅔ cup sugar . . . 4 egg yolks, beaten . . . ⅛ teaspoon salt
2 tablespoons sherry . . . ½ cup candied cherries . . . ½ cup minced pineapple
1 cup candied chestnuts, minced . . . 2 cups whipped cream

To scalded milk, add gradually sugar, salt and beaten egg yolks. Cook until thick, in double boiler. Cool, add mixture to whipped cream, and add minced fruits, nuts and flavoring. Freeze 5 hours. Serves eight.

Macaroon Pudding

2 dozen macaroons . . . 2 cups cream, whipped . . . ⅓ cup powdered sugar
⅓ teaspoon almond flavoring

Whip cream, adding sugar, almond flavoring and eight crumbled macaroons. Line freezing pan with eight macaroons. Pour over this the cream mixture. Arrange on top, eight remaining macaroons. Let stand in room 30 minutes, then place in electrical refrigerator and chill from 4 to 5 hours. Serves eight.

Nesselrode Pudding

2 cups milk . . . ½ cup sugar . . . ½ teaspoon salt . . . 5 egg yolks, beaten
1 teaspoon vanilla . . . ¼ pound macaroons . . . ¾ cup raisins . . . 28 almonds
2 tablespoons gelatine . . . ¼ cup cold water . . . ¼ cup boiling water
5 egg whites, beaten stiff

Scald milk, add sugar and salt. Pour slowly, stirring continually, on the beaten egg yolks. Beat until cool, add vanilla and finely chopped macaroons, raisins and almonds. Soak gelatine in cold water, dissolve in ¼ cup boiling water and strain. Mix all together and fold in whites of eggs. Place in mold and put in electrical refrigerator for 3 hours. Serves ten.

Chocolate Ice Cream Ball

Arrange a ball of pistachio or vanilla ice cream on macaroons or meringue cookies. Cover the ice cream with whipped cream flavored with almond extract and freeze through. Remove from the refrigerator, coat with chocolate icing, and return to chill. Or, pour hot chocolate, caramel or butterscotch sauce over it and serve.

Butterscotch Parfait

1¼ cups brown sugar . . . 2 tablespoons butter . . . ⅓ cup water
3 egg yolks, beaten . . . 3 egg whites, beaten stiff . . . ¼ teaspoon salt
1½ cups cream, whipped . . . ¾ cup nut meats, broken . . . 1 teaspoon vanilla

Stir brown sugar, butter and water together over flame until sugar is dissolved, then cook without stirring to soft ball stage, 234° F. Pour slowly on to well beaten egg yolks. Continue beating until cold and thick. Chill well. Add salt to stiffly beaten egg whites, fold in whipped cream, nut meats and vanilla. Combine two mixtures and freeze in tray of electric refrigerator or fill small tightly covered cans and freeze in 3 to 1 mixture of ice and salt for 4 hours. This should serve sixteen.

REFRIGERATOR CAKES

These cakes are most attractive in appearance. They are easy to make, and are set away in the refrigerator over night, so that entertaining is thus simplified. Try them for parties of any kind, for company dinner desserts and for family Sunday dinners.

Graham Cracker Ice Cream Delight

30 graham crackers . . . 1 cup broken walnuts . . . 1 cup chopped dates
2 cups diced marshmallows . . . 1½ cups orange or pineapple juice
⅓ cup cream . . . ½ cup red cherries

Add all ingredients except cream to graham cracker crumbs and pack into a loaf pan. Set in refrigerator over night. Place a quarter-inch slice on dessert plate, and a small ball of any kind of ice cream on top. Cover with whipped cream and serve immediately.

Sunshine Refrigerator Cake

6 tablespoons cornstarch . . . 4 cups milk . . . 2 eggs . . . ½ cup sugar
¼ teaspoon salt . . . 1 teaspoon vanilla . . . ½ cup chopped nuts
8 pitted and chopped dates . . . 8 chopped figs

Make a paste of 1 cup milk with cornstarch. Add egg yolks slowly, salt and sugar. Add this to remaining milk which is scalding hot, stirring constantly. Cool, add vanilla, figs, nuts and dates. Line a springform pan with waxed paper. Cover bottom and also sides with chocolate wafers and add a thin layer of the filling. Keep alternating filling and wafers until pan is filled. Place in refrigerator for several hours or over night. Turn out on plate, garnish with meringue made of two egg whites and powdered sugar. Brown quickly in oven. Or use whipped cream on top.

Burnt Almond Refrigerator Cake

½ cup sugar, caramelized . . . ¾ cup milk . . . ½ cup sugar . . . salt
3 egg yolks, well beaten . . . 2 tablespoons granulated gelatine . . . ½ cup cold water
¾ cup blanched and finely chopped almonds . . . 1 teaspoon vanilla
3 egg whites, stiffly beaten . . . 1 cup cream . . . 36 lady fingers

Caramelize sugar, dissolve in milk and scald. Add sugar, salt and egg yolks, and cook till mixture thickens. Add gelatine dissolved in cold water. Chill. Add almonds, vanilla, egg whites and cream. Line mold with lady fingers, pour in half the mixture and repeat until mold is filled. Place in ice box 24 hours to harden. Turn out of mold, garnish with whipped cream. Serves ten to twelve.

Almond Refrigerator Cake

¾ cup butter . . . 1¼ cups confectioner's sugar (sifted)
½ teaspoon almond extract . . . 3 egg yolks, well beaten
3 egg whites, beaten stiff . . . ½ pt. whipping cream
1 cup toasted almonds, finely chopped . . . 1½ dozen macaroons
1½ dozen lady fingers

Beat to a cream the butter, adding sugar, almond extract and well beaten yolks of eggs. Have cream whipped and in refrigerator. Into the butter mixture, fold egg whites and whipped cream. Line a three pint mold with waxed paper and put a layer of macaroons in the bottom, interspersing them, if liked, with toasted almonds. Line the sides with lady fingers, arranging them vertically. Put half the cream mixture into the mold and a layer formed by the remaining macaroons, then the rest of the cream mixture. Leave in electric refrigerator for 24 hours. Serve with whipped cream. Serves twelve.

Tutti Frutti Refrigerator Cake

1½ tablespoons gelatine . . . ⅓ cup cold water . . . 3 egg yolks
2 tablespoons orange juice . . . ½ teaspoon orange rind . . . ½ cup sugar . . . salt
½ cup pineapple syrup . . . ¼ cup canned pineapple, cut up and drained
¼ cup canned cherries, cut up . . . ¼ cup preserved ginger, cut up
½ cup almonds, blanched and shredded . . . 3 egg whites, beaten stiff
1 cup cream, whipped . . . 3 dozen lady fingers

Dissolve gelatine in cold water. Beat egg yolks slightly, add orange juice and rind, sugar and salt. Cook over hot water until mixture thickens. Add gelatine and pineapple syrup. Chill. When mixture begins to thicken, add fruits, well drained, and nut meats; fold in egg whites and cream. Line mold with lady fingers. Add half the mixture, then a layer of lady fingers, then mixture. Chill in ice box 48 hours to set. Serves twelve.

Blanche's Jello Refrigerator Cake

1 package lemon jello . . . 1¾ cups boiling water . . . ½ cup granulated sugar
12 Maraschino cherries . . . 12 marshmallows . . . 6 macaroons
8 to 10 almonds, chopped . . . 1 cup cream, whipped . . . lady fingers

To jello, add boiling water and stir until dissolved, then add sugar. When dissolved set aside to cool and when thick like molasses, fold in cherries and marshmallows which have been cut into pieces. Fold in crushed macaroons

with cream and almonds. Line a spring form mold with lady fingers, pou in jello mixture and place in ice box to set. Serves six to eight.

Fruit Mousse Layer Cake

1 tablespoon gelatine . . . 2 tablespoons cold water . . . 4 tablespoons boiling wate
2 cups double cream, whipped stiff . . . 2 tablespoons powdered sugar
½ teaspoon vanilla . . . ½ cup chopped nuts . . . any fruit desired
2 egg whites, beaten stiff . . . 1 cake

Soften gelatine in cold water and dissolve in boiling water. Whip cream Add sugar, vanilla, gelatine, nuts and fruit and lastly fold in egg whites Cover bottom of tray with sponge cake or golden flakes and pour mousse over top. Let stand in electric refrigerator for 3 hours. Serves eight to ten

Butterscotch Refrigerator Cookies

1 cup butter or margarine . . . 2 cups brown sugar . . . 2 eggs
1 cup nut meats, chopped fine . . . 3 cups pastry flour
1 teaspoon each salt, baking powder and vanilla . . . ½ teaspoon soda

Mix as for cake. Turn onto floured board, divide dough, knead each half into oblong rolls about 3 inches diameter. Place in greased pans or in waxed paper and chill over night in refrigerator. In morning, slice down thin, bake in moderate 350° oven 10 minutes. Makes about 75 small, rich and deliciously flavored cookies.

Raised Refrigerator Rolls

1 qt. milk . . . 1 cup mashed potato . . . 2½ teaspoons salt
1 cup melted fat . . . 1 yeast cake . . . ½ cup lukewarm water
1 teaspoon baking powder . . . 1 teaspoon soda . . . flour

Scald milk, cool, and when lukewarm add potato, fat, salt and yeast cake dissolved in the lukewarm water.

Sift baking powder, soda and about ⅔ cup flour together, combine the two mixtures. Let stand till bubbles appear on surface, which will take about an hour. Then cut in enough extra flour to make stiff dough, knead and place in refrigerator. Dough may be used any time after standing 24 hours. Make into rolls, buns, etc.

CHAPTER III

MEATLESS MENUS

MENU 1

Cheese and Onion Soup
Lentils Bourgeoise *Asparagus Custard*
Prune Sublime

Cheese and Onion Soup

2 large onions, cut fine . . . 4 tablespoons shortening . . . 2 tablespoons flour
1 quart hot milk . . . 2 egg yolks, slightly beaten . . . salt and pepper
½ cup grated cheese . . . 6 slices bread

Cook the onions in the shortening until transparent, mix in the flour, then add milk and stir well, cooking for 20 minutes in a double boiler. Strain and pour the milk slowly onto the beaten eggs. Season to taste. Toast the bread, sprinkle with cheese and put one piece into each plate. Pour boiling soup over and serve at once. Serves 6.

Lentils Bourgeoise

One of the simplest ways of preparing lentils is to cook them in boiling salted water until tender. They should be cooked gently for a long time and served hot with melted shortening and grated cheese. For those who like fried onion, the onion may either be substituted for the cheese, or added with it.

Asparagus Custard

1 can asparagus tips . . . ⅓ cup cream . . . ½ cup grated cheese
3 eggs, well beaten . . . ½ teaspoon salt . . . shake of paprika

Mix cream with cheese and pour over asparagus tips placed in the bottom of a greased baking dish. Heat in oven until cheese is melted. Season the eggs and pour over. Return to oven until set. Serves 4 to 6.

Prune Sublime

Line individual glass sherbet cups with lady fingers. Fill center with chopped cooked prunes. Top with whipped cream, sprinkled with chopped nuts.

MENU 2

Potato Soup
Plain Omelet *Lentil Cakes*
Okra and Corn
Peach Marshmallow

Potato Soup

3 potatoes . . . 1 quart milk . . . 2 slices onion
¼ teaspoon celery salt or celery stalk . . . 2 tablespoons shortening
1 tablespoon flour . . . 1 teaspoon salt . . . few grains pepper
Few grains cayenne . . . 1 teaspoon parsley, minced

Cook potatoes in boiling salted water until soft; drain, rub through puree strainer. Scald milk with onion and celery stalk; remove onion and celery and add milk slowly to potatoes, stirring constantly. Melt shortening, add dry ingredients, stir until well mixed, then add to hot soup. Add also the minced parsley and cook 1 minute before serving. Serves 6.

Lentil Cakes

1 cup lentils . . . 2 tablespoons melted shortening . . . 1 tablespoon sugar
½ teaspoon salt . . . 2 egg yolks, beaten . . . ½ cup chopped nuts

Wash lentils in several waters and soak over night. Boil until soft but not broken. Drain and add melted shortening, sugar, salt, egg yolks and nuts. Shape in round cakes, lay on greased pans and bake in hot oven 15 minutes. Sprinkle nuts on top. Serves 6.

Plain Omelet

4 eggs . . . ½ teaspoon salt . . . ⅛ teaspoon pepper
4 tablespoons milk or water . . . 1 teaspoon shortening

Break eggs into bowl; add seasoning. Beat vigorously with fork and add milk. Melt shortening in omelet pan, pour in eggs, shake over moderate fire until they are set. Roll and turn into hot dish. Serves 4.

Okra and Corn

1 pt. tender okra, sliced thin . . . 1 cup shortening . . . 1 pt. fresh corn
Flour . . . 1 cup milk . . . few grains salt . . . . few grains pepper

Fry okra in shortening until half done, add corn and cook until tender. Drain off as much shortening as possible, dust the whole with flour and add the milk. Cook about 5 minutes, season with salt and pepper and serve at once. This dish cannot be reheated as the milk will curdle. Tomato sauce may be used instead of milk, if desired. Serves 8.

Peach Marshmallow

Fill cavities of two halves canned peaches with melted marshmallow (melt in double boiler). To each cup of the peach juice add 1 teaspoon cornstarch and 1 egg yolk and cook in double boiler as for soft custard. Cool and flavor.

Serve peaches in glass dishes, with chopped nuts sprinkled over top and the custard sauce around them.

MENU 3

Baked Bean Soup
Heiblein Omelet *Oyster Plant Beurre*
Toasted Apricot Salad

Baked Bean Soup

3 cups cold baked beans . . . 3 pts. water . . . 2 slices onion . . . 2 stalks celery 1½ cups stewed and strained tomatoes . . . 1 tablespoon Chili sauce . . . salt Pepper . . . 2 tablespoons shortening . . . 2 tablespoons flour

Put beans, water, onion and celery in saucepan; bring to boiling point and simmer 30 minutes. Put through a sieve, add tomato and Chili sauce, season to taste with salt and pepper and mix with the shortening and flour cooked together. Serve with crisp crackers. Serves 12.

Heiblein Omelet

To three slightly beaten egg yolks add 2 tablespoons milk, 2 chopped red peppers, 2 cups diced cold boiled potatoes. Season well. Beat three egg whites stiff and fold into mixture. Pour into greased frying pan, cook slowly on top of stove till well browned without stirring. Slip omelet away from bottom of pan occasionally to see how it is browning. Then place omelet in oven under broiler to brown top part slowly. Turn onto platter, folding omelet in center.

Oyster Plant Beurre

Scrape and trim bunch of fresh oyster plants (salsify). Plunge them in cold water with 2 tablespoons vinegar for 5 minutes, drain and cut into inch-long pieces.

Drop them in sauce pan with 1 tablespoon vinegar, 1 tablespoon flour, 1 tablespoon salt and 1½ qts. cold water. Cover and simmer for 40 minutes. Drain, and heat in frying pan with 1½ tablespoons melted butter, 2 saltspoons salt and juice one-half lemon and 1 tablespoon minced parsley.

Toasted Apricot Salad

6 halves apricots . . . 3 tablespoons pistachio nuts, chopped 6 marshmallows . . mayonnaise . . . crisp lettuce

Place apricots, hollow side up on a shallow pan. Sprinkle with pistachios and cover with marshmallows. Toast, under broiler, until marshmallows are a light brown. Serve immediately on crisp lettuce with mayonnaise.

MENU 4

Split Pea Soup
Spanish Omelet *Mushrooms with Sauerkraut*
Sour Cream Pie

Split Pea Soup

1 pt. split peas . . . 4 qts. water . . . ½ pound salt pork . . . 1 large onion, sliced
2 tablespoons celery, diced . . . 1 tablespoon flour . . . 1 tablespoon shortening
1 teaspoon pepper . . . 1 sprig parsley

Pick the peas over, that there may be no blemished ones among them, then wash and soak in cold water over night. In the morning drain off the water and put them into the soup pot with the cold water and salt pork, onion and celery. Simmer gently 7 hours, being careful that the soup does not burn. When it has cooked 6 hours, add the seasoning. At the end of 7 hours, strain the soup through a sieve and return to the soup pot. Beat the flour and shortening together until creamy, then stir into the soup and simmer 30 minutes longer. If the salt pork has not seasoned the soup sufficiently, add a little salt. Serves 8.

Mushrooms with Sauerkraut

6 large dried mushrooms . . . cold water . . . 1 pound sauerkraut
1 tablespoon flour . . . 1 tablespoon shortening . . . ½ cup thick sour cream

Stew mushrooms for 30 minutes in 6 cups cold salted water if your sauerkraut is fresh, in 2 cups if canned. If fresh sauerkraut is used parboil for 15 minutes. Drain the sauerkraut and pour over it the liquor in which the mushrooms have been cooked, then add mushrooms, minced, and simmer until thick, about 1 hour. Brown flour and add shortening. Add this and the sour cream to the sauerkraut and simmer for 10 minutes before serving. Serves 6.

Spanish Omelet

4 ounces bacon . . . 1 small onion, minced . . . 1 tomato, chopped fine
5 mushrooms, chopped . . . 1 clove garlic . . . 6 eggs . . . ½ teaspoon salt
⅛ teaspoon pepper . . . 1 teaspoon shortening

Cut bacon in thin slices and then into ½ in. squares. Fry gently until crisp and add chopped vegetables; cook for 15 minutes. Rub spoon with clove garlic. Break the eggs into bowl, add seasonings; beat thoroughly

and turn into frying pan in which teaspoon shortening has been melted. Bake as usual until nearly set, spread bacon and vegetables quickly over, fold, set in oven for 1 minute, turn it upon hot platter and serve with tomato sauce. Serves 6.

Sour Cream Pie

1 cup sour cream . . . ½ cup seeded raisins, chopped fine . . . ½ teaspoon cinnamon
3 egg whites, beaten stiff . . . 1 cup sugar . . . ¼ teaspoon cloves
3 egg yolks, well beaten

Mix ingredients together and bake in pastry lined pie pan, as for custard pie. Use other two egg whites and 6 tablespoons sugar for meringue, put on after pie is baked and brown in oven. If desired, stir all three whites in together before baking. Makes one small pie.

MENU 5

Casserole of Fish
Beet Hash *Russian Cucumbers*
Maple Pie

Casserole of Fish

2 lbs. fish . . . 3 tablespoons flour . . . 3 tablespoons shortening
Salt and pepper to taste . . . 1 small carrot, diced . . . 1 small onion, sliced
1 cup canned tomato . . . 1 bay leaf

Cut fish into cubes and dredge with flour. Heat the shortening in casserole (or pudding dish) and brown fish. Add the seasonings and vegetables and cook tightly covered until both vegetables and fish are thoroughly cooked. If juices evaporate while fish is cooking, add few tablespoons hot water as needed. Serves 4.

Beet Hash

7 medium-sized beets . . . 5 medium-sized potatoes
1 tablespoon cream . . . 1 tablespoon butter

Cook beets and potatoes separately. Chop them together in chopping bowl till very fine. Season well with salt and pepper. Moisten with the cream. Put the butter in frying pan, add the hash and brown well.

Russian Cucumbers

Pare cucumber with fluted knife, cut in 1 in. slices; cook till tender, chill and scoop out center to make rings. Fill with bits of left-over vegetables mixed with Russian dressing. Serve on bed of shredded lettuce, garnish with chopped watercress.

Maple Pie

½ cup milk . . . ½ cup maple syrup . . . 2 egg yolks, beaten
1 tablespoon gelatine . . . 2 tablespoons cold water . . . 1 cup cream, whipped
⅓ cup chopped nuts . . . baked pie shell

Heat milk and maple syrup in double boiler. Pour over beaten egg yolk and continue cooking until thick, stirring constantly. Remove from stove and add gelatine which has been soaked in cold water. Stir very well until dissolved. Let stand until it begins to thicken, then fold in the whipped cream and chopped nuts. Turn into baked pie shell. Makes one pie.

MENU 6

Convent Pie
Indian Tomatoes
Apricot Salad *Apple Torte*

Convent Pie

1 cup top milk . . . 1 cup bread crumbs . . . 1 cup cooked macaroni
1 cup cheese, grated . . . 1 green pepper, finely minced . . . 3 eggs, well beaten
Salt and pepper

Scald milk, add bread crumbs, then other ingredients, adding eggs last, and season. Pour into greased ring mold and bake for ¾ of an hour in a moderate oven. Serves 6.

Indian Tomatoes

1 cup boiled rice . . . 1 teaspoon curry powder . . . salt to taste
1 qt. stewed tomatoes, or 1 qt. can of tomatoes . . . buttered bread crumbs

Wash the rice through several cold waters. Add the curry powder and salt to the tomatoes; mix well. Put a layer of the tomatoes in the bottom of a baking dish, then a layer of the rice, then a layer of tomatoes, and so on until all is used, having the last layer of tomatoes. Sprinkle the top over with bread crumbs and bake in a moderate oven for a half hour. Serve in the dish in which it was baked. Serves 6.

Apricot Salad

24 halves of apricots . . . 1 cup cream cheese . . . 2 tablespoons cream
⅓ cup chopped nuts . . . cream mayonnaise . . . lettuce

Mix together cheese, cream and chopped nuts. Fill halves of apricots with mixture and serve four on each individual plate, with mayonnaise dressing.

Apple Sauce Torte

4 cups very finely rolled butter cracker crumbs
3 cups sweetened flavored apple sauce

Arrange alternate layers of crumbs and apple sauce in a deep dish. Chill for 24 hours in icebox. Unmold and cut in slices. Garnish with whipped cream. Serves 6.

MENU 7

Bean Roast
Creamed Potatoes *Russian Carrots*
Piquant Salad
Cherry Kuchen

Bean Roast

1 cup stewed white beans . . . 1 cup ground peanuts . . . ½ cup bread crumbs
1 teaspoon salt . . . pepper . . . ½ cup milk

Put beans and peanuts through food chopper, add crumbs, seasoning and milk. Shape into loaf, bake ½ hour in baking pan. Serve with hot tomato sauce.

Russian Carrots

3 tablespoons shortening . . . 2 cups carrots, diced
1 cup sugar . . . ¾ cup water . . . ½ teaspoon salt

Brown diced carrots in shortening. Boil sugar and water together 10 minutes, add carrots and salt and boil until tender. Brown slightly and serve. Serves 4.

Piquant Salad

Mix one-half can of pimientos or sweet peppers with one cream cheese. Beat into mixture sufficient mayonnaise to soften it slightly and add a few drops of onion juice, more if a decided onion flavor is liked. Pack in mold, chill on ice and when ready to serve cut in slices and place on crisp lettuce leaves.

Cherry Kuchen

1 recipe sweet pastry dough . . . ½ cup bread crumbs
1½ cups pitted canned cherries . . . sugar . . . 1 teaspoon cinnamon
1 cup cream, whipped . . . ¼ cup powdered sugar

Line a deep pie pan with sweet pastry dough. Cover bottom with bread crumbs. Add strained, pitted cherries and sugar sufficient to sweeten. Sprinkle with cinnamon and bake in hot oven (400° F.) until brown, for 25 minutes. Heap with whipped cream, sweetened with powdered sugar. This will make one pie.

MENU 8

Fish with Spaghetti
Caramelized Onions *Pear Salad No. 2*
Sour Cream Prune Pie

Fish with Spaghetti

2 tablespoons shortening . . . ½ cup bread crumbs
3 cups cooked spaghetti . . . 1 cup cooked fish, flaked . . . ½ green pepper, chopped
1 teaspoon salt . . . ½ teaspoon pepper . . . 1½ cups milk

Melt 1 tablespoon shortening in a baking dish, and cover with half the crumbs. Add alternate layers of spaghetti, fish, green pepper and seasoning until all are used. Add milk, sprinkle with remainder of bread crumbs and dot with shortening. Bake 15 minutes in a hot oven 425° F. Serves 8.

Caramelized Onions

Peel rather small onions, prick them with sharp knife top and bottom, boil carefully in salted water until tender. Drain, place in frying pan, dot with butter and sugar. Cook gently, turning often until each onion is thoroughly caramelized. Use plenty of butter and sugar.

Pear Salad No. 2

1 package cream cheese . . . 2 teaspoons cream
2 tablespoons chopped nuts . . . 6 whole canned pears

Mix cream with cheese and nuts. Run an apple corer or sharp knife through pears, removing center. Fill with cream cheese mixture, smoothing ends neatly. Put clove in end for stem. Chill and serve with dressing.

Sour Cream Prune Pie

1½ cups sour cream . . . 1 cup prunes (soaked in warm water 3 hours)
1 teaspoon cinnamon . . . ¼ teaspoon nutmeg . . . ½ cup sugar
4 egg yolks, slightly beaten

Pit prunes after soaking. Mix ingredients together, pour into an uncooked pastry shell and bake in a slow oven. Cover with meringue. Serves 6.

ADDITIONAL MEATLESS RECIPES

Vegetarian Soup

3 qts. water . . . 1 qt. shredded cabbage . . . 1 pt. sliced potato
½ pt. minced carrot . . . ½ pt. turnip . . . ½ pt. minced onion . . . 1 leek
2 tomatoes . . . 2 tablespoons minced celery . . . 2 tablespoons green pepper
2 tablespoons shortening . . . 2 teaspoons salt . . . ½ teaspoon pepper

Have the water boiling in the stewpan and add all the vegetables except the potatoes and tomatoes. Boil rapidly for 10 minutes, then draw back where it will boil gently for 1 hour. At the end of this time, add the other ingredients and cook 1 hour longer. Have the cover partially off the stewpan during the entire cooking. This soup may be varied by using different kinds of vegetables. Serves 16.

Cheese Fondue

1⅓ cups hot milk . . . 1½ cups bread crumbs . . . ½ teaspoon salt
1½ cups grated cheese . . . 4 egg yolks, well beaten . . . 1 tablespoon melted shortening
4 egg whites, beaten stiff

Mix hot milk, crumbs, salt and cheese, add the well beaten egg yolks, then stir in the melted shortening and fold in the egg whites beaten stiff. Pour into a greased baking dish and cook 30 minutes in a moderate oven. Serves 6.

Bean Loaf

1 can beans . . 1 cup mashed potatoes . . . 1 egg, well beaten
1 onion, minced . . . salt and pepper . . . cracker crumbs

Mash beans, and rub through a sieve, add potatoes, well beaten egg, and onion. Season to taste. Form into a loaf, dust with cracker crumbs, and bake until nicely browned. Slice, and serve either hot or cold, with salad dressing. Serves 6.

Peanut Butter Macaroni

2 cups elbow macaroni . . . 2 cups milk . . . ½ teaspoon salt
3 tablespoons peanut butter

Boil macaroni in boiling salted water till tender. Drain and put in casserole. Scald the milk, add salt and peanut butter, boil till it thickens slightly. Pour over macaroni and bake in moderate 400° oven 15 minutes.

Tuna Fish Salad Supreme

½ cup of cooked macaroni or spaghetti . . . ½ cup of canned tuna fish
½ cup cooked sauerkraut . . . ¼ cup cooked carrots, diced . . . ¼ cup celery, chopped
¼ teaspoon onion, minced . . . few grains white pepper
½ teaspoon green pepper, chopped . . . ¼ tablespoon sweet red pepper, chopped
¼ cup diced cheese . . . ¼ teaspoon salt . . . 2 tablespoons relish
4 tablespoons mayonnaise

Cook macaroni or spaghetti in boiling salted water until tender. Drain, and chill. Shortly before serving combine all the other ingredients, together lightly with a fork. Serve on lettuce leaf and garnish with extra mayonnaise if desired.

Macaroni Salad

1 cup macaroni . . . 1 cup sliced celery . . . 2 tablespoons minced onion
2 tablespoons chopped green pepper . . . 2 tablespoons chopped pimiento
¾ cup mayonnaise

Mix lightly boiled macaroni, cut in ½ inch lengths, with remaining ingredients. Serve on lettuce leaves; garnish with red and green pepper rings.

Bean Souffle

1 can beans . . . ¼ cup water . . . 2 tablespoons flour
3 egg yolks, well beaten . . . 3 egg whites, beaten stiff

Press beans through a sieve. Add to this water and flour. Cook together for 5 minutes; add well beaten egg yolks, mix and cool. Cut and fold in the whites of eggs beaten stiff and dry; turn into a greased baking dish or shallow pan, and bake in a medium oven for 30 minutes, or until the center is well set. The dish may be placed in a shallow pan of hot water and a hotter oven used. This will insure a more uniform baking of the souffle. Serves 6.

Cheese and Peanut Loaf

Cut stale bread in small pieces, toast them till browned. Moisten them with little milk, season with salt and pepper. Put a ½-inch layer of the bread in a greased baking pan, add a layer of grated cheese, and dot thickly with peanut butter. Add alternate layers of bread, cheese and peanut butter until all are used. Top layer should be of the bread. Dot with butter, bake in moderate oven 30 minutes. This may be cut in slices when cold, if baked in bread pan.

CHAPTER IV

INVALID COOKERY

The following are foods which doctors often advise for invalids and convalescents. This chapter is not intended to offer any suggestions for the treatment of disease, but to complement the doctor's orders so that the homemaker or nurse caring for the invalid may be in a position to prepare the foods ordered.

Many of the recipes suggested for undernourished adults are adaptable to convalescent cookery.

When preparing food for sick persons or those recovering from serious illnesses, be extra careful about the quality of foods, especially fresh foods. The best is none too good for those who are having a hard struggle back to health.

Never consult a sick person about his likes and dislikes for certain foods, but serve the things in as attractive a manner as possible and leave the patient alone with his tray. Make no comments about food left, but take it away and try something else for the next meal.

Be careful about arranging the tray, to see that everything used is clean and attractive. Use the nicest dishes and silverware and linen, and if possible place a fresh flower in a bud-vase on each tray served.

Serve small amounts of food, and do not plan too many different foods for the same tray. Simple food, attractively prepared and served, is always best.

As a general rule, doctors prescribe liquid diet, soft diet or solid diet, depending on the condition of the patient and the disease from which he may be suffering.

A liquid diet consists of all liquid foods. These may be varied by using gelatine, if permitted, to solidify some of the liquids such as fruit juice, bouillon, etc.

A soft diet consists of liquid and semi-soft foods, such as milk toast, soft-cooked eggs, etc.

A solid diet consists of very nearly normal menus.

GRUELS

Oatmeal Gruel—Cook ¼ cup rolled oats with 1½ cups water slowly for 2 or 3 hours in double boiler, or ¾ hour over open flame.

Barley Gruel—Mix 1 tablespoon barley flour with 1½ tablespoons cold water, add 1½ cups boiling water gradually, boil hard for ½ hour, stirring constantly. Salt to taste if permitted. Strain through very fine sieve.

Toast Water—Toast 2 slices stale bread until thoroughly dried throughout. Pour 1 cup boiling water over it, add pinch salt and set aside to cool. Strain and serve hot or cold. If permitted, some milk, cream and sugar may be added.

MISCELLANEOUS RECIPES

Junket Eggnog

1 egg yolk . . . 2 teaspoons sugar . . . ¼ teaspoon vanilla . . . 1 cup milk
1 egg white, beaten slightly . . . ¼ junket tablet . . . 1 teaspoon cold water

Separate the white from the yolk of the egg; add the sugar and vanilla to the yolk, then blend with the white. Have the milk lukewarm, add the egg mixture to it and immediately stir in the junket, dissolved in a teaspoon of cold water. Pour at once into small glasses and grate a little nutmeg or cinnamon over the top. As soon as set, put on ice to chill.

Calves' Foot Jelly

4 calves' feet . . . 4 qts. water, cold . . . 3 egg whites and shells
2 in. sticks cinnamon . . . 1 cup sugar . . . ½ box gelatine . . . ½ cup cold water
2 lemons (juice) . . . 1 pt. wine (non-alcoholic)

Wash and split the feet, add the water and cook slowly until the flesh separates from the bone and the stock is reduced to three pints. Strain. When cold, remove the fat. Add the whites and shells of the eggs, the cinnamon, sugar, gelatine, which has been soaked in ½ cup cold water 20 minutes, and the juice of the lemons. Stir until hot. Simmer 15 minutes. Add wine. Skim and strain through a fine cloth into tumblers. Makes 10 small glasses.

Junket Custard

1 qt. milk . . . 1 junket tablet . . . 1 tablespoon lukewarm water
4 tablespoons sugar . . . 1 teaspoon vanilla

Heat milk in double boiler until lukewarm, or the same as body temperature. Dissolve junket tablet in 1 tablespoon lukewarm water. Add this with the sugar and vanilla to the milk. Stir thoroughly and pour into cups and let stand in warm room until firm. Then set away to chill. Serves 6.

Cottage Cheese Soup

¼ cup shortening . . . 2 tablespoons cornstarch . . . 4 cups milk . . . 1 teaspoon salt
Paprika . . . parsley . . . 2 cups cottage cheese

Melt the shortening, remove from fire and add cornstarch. Stir the mixture until it is smooth, add the milk and return it to the fire. Cook

3 or 4 minutes, stirring constantly. Add the seasoning and the cottage cheese; beat vigorously a minute and serve hot. Serves 8.

Clotted Cream

Let the milk stand 24 hours in winter (12 in summer), then set it on the stove till almost at boiling point. It must not bubble, but should show wrinkles and look thick. The more slowly it is done, the firmer it will be. On the following day, skim it by folding over and over in small rolls, and set them on ice till wanted. Serve on fresh fruit or cereals.

Beef Juice

½ lb. top round of beef . . . few grains salt

Cube meat, add salt and heat over low flame for five minutes, then press all the liquid from it with a meat press or an old fashioned wooden lemon squeezer. Serve in a warm cup, add salt to taste. This must be prepared fresh for each serving. Serves 1 cup.

Marrow Balls

1 tablespoon finely cut marrow . . . 3 tablespoons fine stale bread crumbs
1 teaspoon chopped parsley . . . 1 teaspoon beaten egg . . . salt and pepper

Mix ingredients and work to a smooth paste, form in balls the size of a filbert, drop into hot soup and cook for 10 minutes.

Coffee Jelly

2 tablespoons gelatine . . . ½ cup cold water . . . ½ cup boiling water
¼ cup sugar . . . 1¾ cups boiled coffee

Soak gelatine in cold water for fifteen minutes. Add boiling water, sugar and hot coffee and stir until completely dissolved. Set in cold place to become firm. Serves 6.

Orange Water Ice

1 pt. water . . . 1 cup sugar . . . 2 teaspoons granulated gelatine
2 tablespoons cold water . . . 3 egg whites, beaten stiff . . . 2 oranges, rind and juice
1 lemon, rind and juice

Boil the water and sugar together for ten minutes; add the gelatine, which has been previously softened in two tablespoons of cold water, and allow the mixture to become quite cold; then add the beaten whites of the eggs, the orange rind and juice, and the lemon juice. Freeze, turning the dasher slowly but steadily. Serves 6.

Junket Ice Cream

1 junket tablet . . . 2 tablespoons cold water . . . 1 qt. milk . . . 1 cup thick cream
1 cup sugar . . . 1 tablespoon vanilla

Crush tablet and dissolve in cold water. Heat the milk to lukewarm and add junket, then add cream, sugar and vanilla. Pour into pans of electric refrigerator and let stand several hours. Serves 6.

LIVER RECIPES

Because of the value of liver in treating anemia, doctors may advise the use of it in many people's diet. If so, here are different ways of using it, so that the flavor does not become monotonous.

Liver Dumplings

1 lb. beef liver . . . 2 cups bread crumbs . . . 1 tablespoon flour . . . 1 egg
1 teaspoon salt . . . ⅛ teaspoon pepper . . . 1 onion . . . 2 tablespoons shortening

Scrape liver, add crumbs, flour, egg, salt and pepper and mix well. Form into small balls and roll in flour. Drop balls into boiling water and boil 10 minutes. Brown the onion (sliced thin) in the shortening and pour over dumplings. Serve immediately. Serves 6.

Liver Pudding (English)

6 pigs' haslets (heart, liver, etc.) . . . 5 lbs. fat pork . . . 12 onions
½ teaspoon sage . . . salt and pepper . . . corn meal

Take haslets, look over carefully, removing all imperfect parts. Put into saucepan of water, lightly salted; cook until tender and chop fine. Into another sauce pan put pork, cover with water, boil until tender; take off rind and chop pork fine and add to liver. Throw away the water in which haslets were cooked but save water in which pork was cooked. Put the chopped mixture into the water with onions, chopped fine. Cook until onions are tender, season with powdered sage, salt and pepper and then sift in sufficient corn meal to cook thick. Pour into wet molds and when cold, slice and fry.

Chicken Liver Omelet

Filling

1 cup minced cooked liver . . . 1 teaspoon minced onion . . . ½ cup Spanish sauce
1 teaspoon vinegar . . 1 tablespoon chopped mushrooms
½ teaspoon salt . . . few grains cayenne

Omelet

4 eggs . . . ½ teaspoon salt . . . 1 tablespoon shortening
1 tablespoon hot water . . . few grains cayenne

Cook together minced liver, onion and Spanish sauce or brown gravy, add vinegar, mushrooms and seasonings. Keep warm while preparing omelet. Make omelet following directions as given for light omelet. Just before

folding spread with liver mixture. Serve with brown sauce or tomato sauce. Serves 6.

Braised Calf's Liver

Ask the butcher to cut a 2 or 3-pound piece of calf's liver so that it may be rolled into oblong roll.

Trim, scald in boiling water, season with salt, pepper, chopped pickles, scraped or minced onion and paprika. Roll, skewer it into roll, and cover the whole top with thin slices salt pork fastened in place with toothpicks.

Place on rack in pot-roasting pan, sear in hot 450° oven 10 minutes.

Prepare 1 cup each of diced carrots, sliced onion and strips of celery, mixed with 1 bayleaf crumpled up and 1 tablespoon minced parsley. Lift meat and rack out of pot-roasting pan, and place vegetables in bottom. Then lay the roll of liver on top of the vegetables, pour 3 cups boiling water over all, and braise in oven at 300° (slow) for 3 hours.

Liver Patties

Scald ½ pound calf's liver, let stand few minutes, then drain, wipe dry and dust with flour which has been seasoned with salt and pepper. Brown in hot bacon fat. Chop the liver fine, mix it with 1 cup seasoned mashed potatoes, 1 tablespoon chopped parsley, 1 teaspoon chopped sweet pickles and 1 tablespoon melted shortening. Place in 4 buttered ramekins or custard cups, cover with buttered bread or cracker crumbs, and bake in hot 450° oven 10 minutes.

Planked Beef Liver

Dredge parboiled beef liver with flour, using one piece just large enough for serving required number of people. Fry on one side first, then place on plank cooked side down. Surround with molded cooked spinach and mashed potato, broil.

Delicious Liver

Cut ½ pound calf's liver into thin slices, roll them in flour seasoned with salt and pepper. Prepare 1 peeled and chopped shallot, and a little chopped parsley.

Melt 1 tablespoon butter, fry the shallot in it. Then put in the sliced and seasoned liver, turn pieces carefully to prevent burning, fry till brown on both sides. Add 3 tablespoons water and 3 tablespoons tomato puree, salt and paprika to taste. Simmer 5 minutes. Sprinkle with the chopped parsley and serve.

Baked Liver with Vegetables

1 tablespoon bacon fat . . . 2 cups diced celery . . . 1 large onion
2 lbs. whole liver . . . ½ cup hot water . . . 3 slices bacon . . . 12 small potatoes
¼ cup flour . . . 1 teaspoon salt . . . pepper . . . 1 cup stewed or canned tomatoes

Heat bacon fat in pan which has tight cover, add celery and sliced onion and brown slightly. Dredge the liver with a little of the flour and place in pan. Put the bacon over top of liver, add water and salt. Bake, covered closely, in hot oven 500° ½ hour. Then add the potatoes. Cover and bake till potatoes are done. Uncover and brown bacon. Remove vegetables and meat, add flour to liquid in pan, stir smooth, add tomatoes, season and serve as sauce in separate dish.

Liver Bearnaise

Cut medium slices beef liver, parboil it, trim evenly. Season with salt and pepper. Baste the slices with melted butter or bacon fat, roll in bread crumbs, broil until done. Serve with alternate slices of French toast with Bearnaise sauce.

Bearnaise Sauce

4 tablespoons shortening . . . 4 egg yolks . . . ½ teaspoon salt
Pepper . . . 1 tablespoon tarragon vinegar
1 teaspoon each onion juice and chopped parsley

Beat egg yolks, salt and pepper in top of double boiler until light. Cream the shortening till smooth, add a third of it at a time to the beaten egg yolks, beating until smooth. Add vinegar and onion juice. Cook over hot water for three minutes, beating constantly with egg beater. Remove from fire, add chopped parsley and serve with liver immediately.

Liver Sandwiches

Fry two or three slices bacon till crisp. Chop this with cooked beef liver. Mix with just enough cooked dressing or mayonnaise to moisten well, season and spread it on slices of buttered whole wheat bread. On other side of the sandwich place a lettuce leaf, salt it and lay slice tomato on top. Serve each sandwich open on a plate, with two strips of hot, freshly cooked bacon across the top.

Liver Terrapin

Cut cooked beef liver into dice. Put some butter or bacon fat in frying pan, let liver simmer in it till slightly brown, add flour, then stock from extract of beef to make a good sauce. Add little chopped parsley, 1 hard cooked egg cut fine. Cook till thoroughly heated through, serve on toast points.

Liver and Bacon Balls

To each pound boiled beef liver add ½ lb. cooked bacon, chopped fine with the liver. Season, form into balls or croquettes, dip in egg, then in crumbs, and fry in hot deep fat. Serve with creamed potatoes, garnish with chopped parsley.

VARIETY IN EGG-COOKING FOR CONVALESCENT CHILDREN

Fancy the plight of the mother of a convalescent child, faced with the doctor's orders to feed him eggs, much eggs, on the one hand, and with said child's persistent, "But I don't like eggs, Mother!"

For that matter, imagine the task of any mother whose child doesn't like eggs. For eggs he must have a-plenty, unless he be one of those rare cases of protein sensitives.

To stimulate the co-operation of the convalescent or finicky child an appeal must be made to his curiosity. Therefore, much ingenuity must be exercised in fixing up the eggs to intrigue his interest.

Eggs in the Shell

1. *Monogram Eggs*—Write the name of the child on the egg shell in liquid fat. Then boil the egg in water in which onion skins are being boiled. The shell will take on a delicate shade of reddish yellow, and the name will be left on the egg shell in white. The egg likewise boiled in water with spinach or parsley will color the shell a pale green.

   Place the egg in a dainty egg cup, and lay a short story about Bunny or Molly Cottontail, etc., on the tray with the meal. The story to be read while the meal is in progress.

2. *Humpty-Dumpty Eggs*—Outline the shape of humpty-dumpty on the egg shell before dropping it in the boiling water. Use a soft pencil.

3. If the child displays artistic abilities, an egg served in a colorful Japanese egg cup, with a small Chinese porcelain spoon, will interest him.

Soft Cooked Eggs

1. *Flower Pot Eggs*—Carefully break off the top of the egg shell, remove egg, place some shot or button molds in the bottom of the shell to make it stand erect. Then fill the shell with water and place some short-stemmed flowers in it. Serve this one on the tray with the soft cooked egg placed on cubes of hot toast. The child's name might also be printed on the egg-shell vase.

2. *Eggs-in-Nest*—Cut 2-inch thick slices of bread in circles. Scoop out the soft part from the center, leaving a thin layer at the bottom to hold the egg. Toast the bread circles on all sides. Break the soft cooked egg into the nest.

3. *Dinner Nest Eggs*—Dice cooked carrots very fine. Lightly butter them, and form into a circular nest on the plate. Drop the soft cooked egg into this nest, leaving the egg as nearly whole as possible.

Poached Eggs

1. *Log Cabin Eggs*—Make a log cabin from narrow strips of toast. Cut up half a slice of toast to put in the bottom of the log cabin. Lay the poached egg on top of the broken-up toast, inside the log cabin. Make a tiny flag from paper, drawing in the colors, and paste it onto a toothpick, for a mast. Stick the other end of the toothpick into the side of the egg.

2. Serve a poached egg in a buttered spinach nest.

3. Place a poached egg on a round of toast, mask the egg with a thin white sauce, and garnish with chopped parsley.

4. *Poached Eggs in Potatoes*—Bake potato. Cut off the top of it, scoop out the center and season it with butter, salt and a bit of pepper, mashing it up. Refill the potato shell with the potato mixture, and place a poached egg on top.

5. *Poached Eggs in Rice Nests*—Place the rice when freshly boiled into small molds. Set away to harden. Turn out, scoop out the center, and place a poached egg into it. Or make a circular nest of the hot rice, freshly cooked, and drop the poached egg into it.

Scrambled Eggs

1. *Vegetable Scramble*—Lightly scramble 1 beaten egg with 1 tablespoon milk, 1 tablespoon butter or margarine, little salt and pepper. When egg begins to set, add finely diced cooked carrots, or new potatoes, string beans or any proper vegetable in season. Heat thoroughly, pile on a slice of toast and garnish with a bit of jelly.

2. *Children's Favorite Scrambled Eggs*—Cut up 4 slices of bacon and fry with a small minced onion till the bacon is done. Add two large tomatoes, peeled and cut into small pieces, and simmer till smooth. Then add 6 slightly beaten eggs, and cook gently until eggs are scrambled, stirring constantly. Serve on toast.

Baked Eggs

1. Cut the top off a firm tomato, scoop out some of the pulp, and set the tomato in a small ramekin or baking cup. Break an egg into the tomato cup, season with salt, pepper and dots of butter or margarine, and bake in moderate oven till egg is set.

CHAPTER V

DIET FOR UNDER-NOURISHED ADULTS

Just because you are thin is no reason why you need any special diet. So long as you feel good and are strong and healthy, keep on with your regular routine. Many people, in an effort to increase weight, bring on symptoms of various diseases through overloading the body with food, when there is no indication for increasing the weight.

If, however, a doctor says you are under-nourished and need a building-up diet, you may with his approval follow the suggestions in this chapter.

The most important thing is to learn to relax, to rest whenever you have a chance. Go to bed early and get at least 10 hours sleep each night. Take a nap in the middle of the day if possible.

Eat everything, fruits, vegetables, salads, meats, fats, carbohydrates. Eat slowly, thinking cheerful, happy thoughts. Avoid getting nervous and highstrung over little passing occurrences of everyday living. Rest fifteen minutes before and after eating.

Eat a balanced diet, as laid out for normal persons in the first part of this book. Increase the portions slightly, drink milk or cocoa instead of coffee. Use creamed vegetables instead of plain buttered ones. Eat cream instead of milk on your cereals.

Drink a glass of lukewarm milk just before retiring for the night, sipping it slowly and relaxing while doing it.

BREAKFASTS FOR UNDER-NOURISHED ADULTS

1—Grapes . . . whole wheat muffins . . . sausage . . . coffee.

2—Stuffed baked apple . . . bacon . . . 3 slices toast . . . coffee.

3—Cooked mixed fruit . . . 2 slices cinnamon coffee cake . . . omelet . . . . coffee.

4—Grapefruit, ½ . . . 3 slices French toast . . . coffee.

5—Stewed apricots . . . 2 slices toast . . . creamed dried beef . . . coffee.

6—Apple sauce . . . baking powder biscuits . . . poached egg . . . coffee.

7—Sliced orange . . . 2 slices graham bread . . . preserves . . . minced ham . . . coffee.
8—Salt mackerel . . . 2 cornmeal muffins, honey . . . stewed fruit . . . coffee.
9—Hot rice with dates . . . ½ orange . . . 2 bran muffins . . . coffee.
10—Shredded wheat with banana . . . goldenrod eggs . . . 2 slices toast . . . coffee.
11—Prunes . . . 2 slices buttered toast . . . Spanish eggs . . . coffee.
12—Baked apple . . . waffles with syrup . . . coffee or cocoa.

SPECIAL RECIPES FOR UNDER-NOURISHED ADULTS

Duchess Tomato Soup

1 can tomato soup . . . 4 tablespoons cream cheese . . . 1 teaspoon parsley, minced
1 cup hot milk

Empty soup into pan, add cream cheese broken into pieces and heat slowly, beating continuously with rotary egg beater. When lumps disappear, add parsley and the hot milk. Serve at once. Serves six.

Beef Puree

1 pt. beef broth . . . 1 tablespoon sago . . . 1 egg yolk . . . 2 ozs. raw beef

Soak sago ½ hour in enough water to cover, stir into hot broth and cook until soft, add egg yolk mixed with a little broth and the beef, free from fat, and reduce to a pulp. Cook 3 minutes. Serve with Royal custard. Serves three.

Royal Custard with Chestnuts

3 large chestnuts . . . 3 tablespoons white broth . . . 3 egg yolks
¼ teaspoon salt . . . few grains cayenne

Boil chestnuts until mealy, pound and crush to a paste, mix with the broth. Beat eggs and seasonings and combine with broth mixture, pour in greased molds, place in hot water, bake until firm. Cool, remove from molds and cut into fancy shapes.

Green Pea Soup

1 qt. shelled peas . . . 3 pts. water . . . 1 onion, sliced . . . 2 tablespoons shortening
1 tablespoon flour . . . 3 level teaspoons salt . . . ½ teaspoon pepper . . . 1 qt. milk

Put the peas in stewpan with the boiling water and onion and cook until tender. Pour off the liquid, saving for use later. Mash the peas fine, then add the liquid in which they were boiled, and rub through a puree sieve. Return to the saucepan, add flour and shortening, beaten together,

and the salt and pepper. Now gradually add the milk, which must be boiling hot. Beat well and cook 10 minutes, stirring frequently. Serves eight.

Green Turtle Soup

1 10-lb. turtle . . . 6 qts. cold water . . . 1 tablespoon salt . . . 10 whole cloves
½ teaspoon peppercorns . . . 2 bayleaves . . . ½ bunch herbs
2 tablespoons parsley, minced . . . ⅓ cup shortening . . . 2 onions, minced
4 tablespoons flour . . . 8 hard cooked eggs, chopped fine . . . 1 tablespoon vinegar

Kill the turtle by cutting off head with a very sharp knife. Hang up by the tail and let it bleed for twelve hours. Separate upper from lower shell, being careful not to cut the gall bladder. Cut the meat from the breast in slices and reserve; remove the gall bladder and entrails and throw them away. Cut the fins off as near the shell as possible. Place the upper and lower shell in a large kettle, pour over four quarts cold water, simmer gently until bones fall apart. Put into soup kettle, head, fins, liver, lights, heart and all meat; add all seasonings, cover with liquor in which shells were boiled and simmer until meat is thoroughly done; strain the mixture through a fine sieve. Melt the butter and brown in it the onion, add the flour and cook together until brown. Add a pint of the soup, a little at a time, and cook until smooth, combine with rest of the soup. Add the cut meat, the hard cooked eggs chopped fine, and lastly the vinegar. Serves ten.

Eggs in Bacon Rings

6 long slices bacon . . . 6 eggs . . . salt and pepper . . . garnish of parsley

Curl slices of bacon around the inside of muffin cups or small ramekins. Break an egg inside each bacon ring, season with salt and pepper and bake until set, but not hard. Remove carefully from dish so that egg will remain fastened to bacon. Arrange on platter; garnish with parsley. Serves six.

Codfish Balls (11 Balls)

½ cup codfish . . . 1¾ cups potatoes . . . 1½ tablespoons fat
Flour . . . fat for frying

Wash fish and cut into small pieces. Wash potatoes, pare and cut into slices. Cook fish and potatoes together in boiling water until potatoes are soft. Drain, and mash thoroughly. Add fat and season, if salt is needed. Shape into balls, roll these in flour and fry in deep fat. Have fat so hot that it is beginning to smoke. Drain cooked fish balls on unglazed paper.

Shad Roe

Shad roe may be baked, broiled or fried. To broil, wipe with wet cloth, dry, sprinkle with salt and pepper, place on greased wire broiler, cook for five minutes on each side. Serve with Maitre d'Hotel butter. Roe may

be rolled in flour, egg and bread crumbs and fried in deep fat. If served alone allow 1 roe to each serving.

Darne of Salmon

Salmon . . . 1 onion (minced) . . . 2 carrots (minced)
2 tablespoons minced parsley . . . tablespoon peppercorns . . . ½ teaspoon salt
3 tablespoons butter . . . 1 pt. thin broth

Darne of salmon is middle cut, there are but two and sometimes three from large fish. Lay in stewpan on bed of vegetables, dredge with salt and pour over this the broth. Dot with butter and cover with buttered paper. Bring quickly to a boil and simmer very gently for one hour. Place on a hot platter, remove the skin and serve with Hollandaise sauce. Serves six.

Chicken and Lamb Fricassee

1 small chicken . . . 6 lambs chops . . . 3 tablespoons shortening . . . 1 onion, sliced
2 tablespoons boiled rice . . . 1 apple, chopped . . . 1 green pepper, chopped
1 teaspoon curry powder . . . 1 teaspoon paprika . . . 2 doz. small oysters

Disjoint a small chicken and fry it in hot shortening with lamb chops, until all are well browned. Add onion, rice, apple, green pepper and seasonings. Add a small quantity of water and simmer slowly until meat is tender. Just before serving, add oysters. Heat thoroughly and serve on squares of toast with potato cakes. Serves six.

Chicken Baked in Milk

1 roasting chicken . . . 3 cups stale bread crumbs . . . 1 cup seeded raisins
2 tablespoons melted shortening . . . 3 tablespoons sugar . . . 1 teaspoon salt
Pepper . . . 2 qts. rich milk

Prepare chicken for roasting. Stuff with dressing made of crumbs, raisins, shortening, sugar, salt and pepper mixed in this order. Place stuffed chicken in roaster, add milk, cover and bake in moderate oven until tender, about 1 hour, turning and basting every 15 minutes. Thicken gravy in pan, season with salt, pepper and sugar to taste. Serves six.

Hominy

1 cup hominy . . . 3 cups boiling water . . . 1 teaspoon salt

Wash hominy well, soak over night in 1 qt. cold water; in the morning, drain and cook in boiling salted water for about 3 hours. Fine hominy can be cooked in 1 hour, if allowed to soak in warm water, making sure that the water is kept warm by changing it once or twice, using the last water to boil with. Serves six.

Rice Pudding

1 egg, well beaten . . . ½ cup sugar . . . 2 cups milk . . . 2 cups boiled rice
½ cup raisins . . . dash nutmeg

Beat egg, add sugar and milk and stir in rice. Sprinkle raisins in and grate nutmeg on top. Poach in medium oven until a knife thrust in comes out clean. Serves eight.

Rye Bread

1 cake yeast . . . 1 cup milk, scalded and cooled . . . 2 cups lukewarm water
5 cups rye flour . . . 1½ cups sifted white flour
1 tablespoon shortening, melted . . . 1 tablespoon salt

Dissolve yeast in lukewarm liquid, add 2½ cups rye flour, or enough to make a sponge. Beat well. Cover and set aside in a warm place, free from draught to rise, about 2 hours. When light, add white flour, shortening, remainder of rye flour, or enough to make a soft dough, and the salt. Turn out on a board and knead 5 minutes. Place in a greased bowl, cover and let rise until double in bulk—about 2 hours. Turn out again and shape into long loaves. Place in shallow pans, cover and let rise again until light—about 1 hour. Brush with white of egg and water, to glaze. With sharp knife cut lightly three strokes diagonally across top, and place loaves in oven. Bake in a cooler oven than for white bread. One tablespoon caraway seed may be used, if desired. This recipe makes two loaves. Rye bread requires about 40 minutes to bake.

Graham Puffs

2 cups graham flour . . . 1 teaspoon sugar . . . ½ teaspoon salt
2 cups milk . . . 3 eggs, well beaten

Mix dry ingredients; beat eggs until very light; add milk to dry ingredients; slowly beat in eggs, and continue beating for 3 minutes. Turn batter into well greased warm muffin pans and bake in moderate oven for 30 minutes. If taste of rye is liked, 1 cup rye meal may be substituted for the graham.

Rice Muffins

1 cup rice (cooked) . . . 1 teaspoon melted shortening . . . 2 eggs
1½ cups flour . . . 2 teaspoons baking powder . . . 2 teaspoons salt . . . 1 cup milk

Mix above ingredients in order mentioned, sifting dry ingredients together and drop into well greased muffin pans. Bake in hot oven at 400° F. for 20 minutes. Makes 1 dozen.

Corn Timbales with Bacon

1 cup grated corn . . . 1 cup milk . . . 1 teaspoon parsley, minced
1 teaspoon onion juice . . . 1 soda cracker rolled fine . . . 1 teaspoon salt
⅛ teaspoon pepper . . . 2 eggs, beaten light . . . 6 slices bacon

Mix together, pour into small greased molds. Stand molds in pan filled 1 in. high with hot water and bake until firm in moderate oven. Remove from molds and garnish with crisp bacon to serve. Serves 6.

Apples Baked in Milk

6 apples . . . 2 tablespoons flour . . . ½ cup sugar . . . 2 tablespoons shortening
1 cup milk

Pare and core apples. Sprinkle with flour, sugar and shortening, rubbed together. Pour over the milk and bake. Serves 6.

Banana Cream

4 bananas (ripe) . . . ½ cup pecan meats (cut up) . . . 3 tablespoons lemon juice
½ cup sugar . . . 1 cup cream (whipped)

Mash bananas with lemon juice, add sugar and nut meats. Fold in whipped cream and chill well to serve. Serves 6.

Custard Souffle

2 teaspoons butter . . . 2 teaspoons flour . . . ½ cup milk . . . 1 egg yolk, beaten
1 tablespoon sugar . . . 1 egg white, beaten stiff

Melt the butter, add the flour and blend smoothly, without browning. Pour in the milk and cook 3 minutes after boiling point is reached. Pour hot mixture (let it cool a little) over the yolk, put in the sugar and fold in gently, the beaten white. Turn into two greased cups and bake in a moderate oven until firm—about 15 minutes. Serve at once, with or without sauce. Serves 2.

Egg Cream

2 egg yolks . . . 2 tablespoons sugar . . . 2 tablespoons water
½ lemon (grated rind and juice) . . . 2 egg whites, beaten

Beat the egg yolks with the sugar till well blended; add the lemon juice, rind and water, and cook in a double boiler, stirring constantly until the mixture thickens. Cool, fold in whites of eggs. Serve in small cups.

Fruit Pudding

1 pt. whipping cream . . . ¼ lb. candied cherries . . . 1 doz. macaroons, crushed fine
1 small slice candied pineapple

Cut cherries and pineapple into fine pieces, add teaspoon vanilla, add crushed macaroons, sweeten with powdered sugar, and fold in whipped cream. Pack in salt and ice and let stand 4 hours. Serves 6.

Peach Mousse

1 tablespoon gelatine . . . 2 tablespoons cold water . . . 2 tablespoons boiling water
1 lemon (juice) . . . 1½ cups peach pulp . . . 3 tablespoons sugar
2 cups thick cream, whipped

Soften gelatine in 2 tablespoons cold water and dissolve in boiling water, add lemon juice, peach pulp and sugar. Chill and then fold in cream. Place in pans of electric refrigerator for 5 hours. Serves 8.

Pineapple Snowball

1 cup crushed pineapple . . . 1 cup sugar . . . 2 cups water
2 tablespoons lemon juice . . . 1 egg white, beaten stiff
Shredded cocoanut (or macaroon crumbs)

Mix ingredients (except cocoanut) in order named and freeze hard. Mold with tablespoon, roll in cocoanut and serve with crushed pineapple.

CHAPTER VI

REDUCING MENUS

The subject of dieting to reduce is one that engages the attention of thousands of women daily. The trend of modern styles to emphasize the slim silhouette, and the ready-to-wear clothing designers who devote most of their energies to developing interesting and up-to-the-minute styles for sizes 16, 18 and 20, are the two most potent factors in drawing women's attention to reducing.

Athletics for women have taken great steps forward in the last five years, too, with the result that women wish to appear to advantage in the various sports costumes available.

Whatever caused it, it's here anyhow—the era of dieting to reduce. And it is a most dangerous era from a health standpoint, because women will blindly follow anyone's diet, if it purports to take the pounds off in a hurry.

Ask any doctor what the most alarming situation in his profession is today, and his answer will be "Dieting Women." Most of the patients complaining of feeling tired, no pep, headaches, backaches, etc., are sure to be found as the dieters.

No woman, or man either, least of all a child, should attempt to reduce drastically and speedily without a doctor's supervision. It is too dangerous. If you should keep on trying to run an automobile without putting any gas into it, sooner or later the thing will stop dead on you. No more should you expect the human machine to run without sufficient fuel.

The majority of the much-mooted reducing diets are based on the absolute elimination of starches, sugars and fats, and the curtailment of proteins. They are made up almost entirely of fruits and vegetables and broths, with small amount of protein.

Since the sugars, starches and fats are the energy-producing foods, and the proteins the body and tissue-building foods, it is most unwise to suddenly eliminate them.

A rational regime for reducing is first a one or two-days' fast on nothing but water and fruit juice. The purpose of this is elimination. This is to be followed by a diet which will for one week only reduce the number of calories eaten to 1000. If it appears that, on this diet, more than 5 lbs. will be lost during the week, the next diet of 1500 calories should immediately be substituted for it. Not more than 5 lbs. should be reduced the

first week, and not over 2 or 3 lbs. during any week thereafter. The process should be slow and continuous.

If the dieting can be backed up by exercise, so much the better,—not violent exercise, however, since this tends to increase the appetite and consequently causes distress. Bathing and sufficient rest are necessary.

The following diets are presented to you as well-balanced reducing diets. You will not suffer any ill effects from their use, if you follow the amounts exactly. It is even advisable to measure out the proportions a few times until you are able to judge the amount by eye.

Weigh yourself the first day and make a record of the weight. Be sure to weigh on a convenient scale, because you should always use the same scale for all your weighings.

After weighing, start in with your diet. The first two days take nothing but water and orange juice, unless you happen to be depending on coffee or tea. In that event you may have the coffee or tea, minus any cream, milk or sugar.

The third day, start in with the 1000 calorie diet, and continue it for a week, unless you reduce more than 5 lbs. In that event, immediately switch over to the 1500 calorie diet.

Remain on the 1500 calorie diet, or its counterpart, for as long a time as necessary to take off a reasonable number of pounds.

After that time is reached, watch your regular diet, decreasing the amount below what you were previously accustomed to eating. You will not really want so much food, once you have gone through these two diet lists.

1000 CALORIE REDUCING DIET

Sunday Breakfast

1 orange
¼ cup oatmeal with ¼ cup cream
1 slice buttered toast
1 cup coffee, usual way

Sunday Dinner

1 slice roast beef, 6 in. x 3 in. x ¼ in.
3 medium sized boiled onions, with salt
2 tablespoons fresh spinach, with salt
⅙ small apple pie, plain

Monday Breakfast

1 large orange
1 slice buttered toast
1 cup coffee, usual way

Monday Lunch

2 whole slices bacon, crisp
½ cup chopped spinach, with salt
1 slice buttered whole wheat bread
1 medium sized baked apple, plain

Monday Dinner

1 good sized hamburg ball, rare
1 large portion cucumber and lettuce salad
1 tablespoon French dressing
2 prunes with juice

Tuesday Breakfast

½ large grapefruit; no sugar
1 slice toast, buttered
1 cup coffee, usual way

Tuesday Lunch

1 cup vegetable soup; no fat
¼ cup cottage cheese, plain
¼ head lettuce
1 tablespoon mineral mayonnaise

Tuesday Dinner

Broiled halibut, 3 in. x 4 in. x 1 in.; no butter
½ cup lightly buttered cauliflower
2 stalks fresh celery, salt
¼ cup clear apple tapioca; no cream

Wednesday Breakfast

1 large baked apple
1 slice buttered toast
1 cup coffee, usual way

Wednesday Lunch

½ cup cream tomato soup; no crackers
5 tablespoons cabbage slaw
1 tablespoon French dressing on slaw
3 small square saltines

Wednesday Dinner

1 lamb chop; no fat
4 tablespoons lightly buttered beets
1 sliced orange; no sugar

Thursday Breakfast

½ sliced ripe banana; no sugar
½ sliced orange, with the banana
1 slice buttered whole wheat toast
1 cup coffee, usual way

Thursday Lunch

½ pt. (1 cup) milk
6 graham crackers
⅜ cup (large sauce dish) apple sauce

Thursday Dinner

1 slice beef loaf, 4 in. x 6 in. x ⅛ in.; no gravy
1 dish stewed tomatoes without bread crumbs
½ cup lightly buttered chopped spinach
1 dish fruit jello, with 1 tablespoon cream

Friday Breakfast

½ large grapefruit; no sugar
1 bran muffin; little butter
1 cup coffee, usual way

Friday Lunch

Oyster stew (1½ cups milk, 6 small oysters, little butter and salt)
3 small square saltines
Large portion tomato and cucumber salad, with 1 tablespoon mineral oil mayonnaise

Friday Dinner

Broiled halibut, 3 in. x 2¼ in. x 1 in.; no butter
3 heaping tablespoons lightly buttered string beans
Cole slaw, with French dressing
Large portion coffee gelatin dessert, tablespoon cream

Saturday Breakfast

1 shredded wheat with
½ sliced banana and ¼ cup cream, ¼ cup milk
1 cup coffee, usual way

Saturday Lunch

⅔ cup creamed dried beef on 1 slice toast
1 large baked apple; no cream

Saturday Dinner

1 slice broiled ham, 3 in. x 1 in. x ½ in.; no fat
½ cup creamed cauliflower
2 stalks celery, salt
½ cup apple whip (apple sauce with beaten egg white)

1500 CALORIE REDUCING DIET

Sunday Breakfast

½ grapefruit; no sugar
3 tablespoons farina, with 2 tablespoons of cream
2 slices dry toast
1 cup coffee, usual way

Sunday Dinner

1 medium portion steak, slice 1 in. wide
1 small boiled potato
½ cup creamed celery
Sliced tomatoes, 1 tablespoon French dressing
⅙ small apple pie

Monday Breakfast

⅜ cup apple sauce
2 slices crisp bacon
1 slice buttered toast
1 cup coffee, usual way

Monday Lunch

Pineapple and cabbage salad made of
⅔ cup shredded cabbage
⅓ cup shredded pineapple
1 tablespoon pineapple juice
1 tablespoon mayonnaise
1 buttered bran muffin
1 cup tea with sugar; no cream

Monday Dinner

1 slice cold roast beef, 6 in. x 3 in. x ½ in.; no gravy
½ small potato, buttered and salted
½ cup chopped spinach with salt
2 tablespoons apple Betty

Tuesday Breakfast

½ banana and ½ orange sliced together
1 slice French toast, with 1 tablespoon syrup
1 cup coffee, usual way

Tuesday Lunch

1½ cups cream celery soup
¼ cup stewed apricots, canned
2 small square crackers
1 cup tea with sugar; no cream

Tuesday Dinner

2 small hamburg balls; no gravy
1 large serving buttered carrots
Lettuce and green pepper salad, with 1½ tablespoons French dressing
Dish jello, with fruit and 2 tablespoons plain cream

Wednesday Breakfast

2 small sliced oranges; no sugar
2 slices lightly buttered toast
1 cup coffee, usual way

Wednesday Lunch

Medium portion cheese souffle
Raw carrot and celery salad, with 1 tablespoon mineral mayonnaise
1 cup tea, with sugar; no cream

Wednesday Dinner

1 large or 2 small lean lamb chops; no fat
3 tablespoons boiled rice
1 tablespoon platter gravy
4 tablespoons buttered beets
½ cup lemon sherbet

Thursday Breakfast

Juice 2 oranges
2 slices buttered toast
1 cup coffee, usual way

Thursday Lunch

1½ cups vegetable soup
2 square soda crackers
1 dish baked custard

Thursday Dinner

1 slice roast chicken
½ cup fresh asparagus, plain
Salted watercress salad, French dressing
2 slices canned pineapple

Friday Breakfast

Bunch grapes
¾ cup oatmeal, with ¼ cup of cream; no sugar
Coffee, usual way

Friday Lunch

Prune and cottage cheese salad made with 2 large pitted prunes, 2 tablespoons cottage cheese stuffed into them, and 1 tablespoon mineral mayonnaise
1 cup tea, with sugar; no milk
2 square crackers

Friday Dinner

Medium serving baked fish
1 small buttered potato
Large serving stewed tomatoes
Fresh strawberry shortcake, made of 1 biscuit, 3 tablespoons berries, 1 tablespoon cream

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Saturday Breakfast

2 sliced oranges
⅓ cup dried beef, creamed
1 cup coffee, usual way

Saturday Lunch

Oyster stew made of ⅔ cup oysters, 1½ cups milk, 1 teaspoon butter
3 square soda crackers
1 baked apple, no cream

Saturday Dinner

½ cup creamed chicken on 1 slice unbuttered toast
3 tablespoons new lightly buttered string beans
Sliced cucumbers with vinegar and salt
⅔ cup prune souffle
1 whole lady finger

The foregoing menus are varied enough to use for the whole family. Then the dieting person will not feel out of things in the least, merely having to curtail his or her portions and eliminating certain few things. Recipes may be found in index, but for the most part the menus are composed of simply prepared foods.

SPECIAL REDUCING RECIPES

These recipes may be substituted for their approximate equal to vary the menus, if desired.

Lamb Chops with Oranges

Trim fat from thick lamb chops, dip each in melted shortening quickly. Oil the broiler well, broil chops 10 minutes. Turn them, place a slice of

orange on each chop, and broil 8 minutes longer. Sprinkle generously with salt, serve very hot.

Baked Hamburg Loaf

1 lb. all-beef hamburg . . . 1 onion . . . ½ teaspoon salt
Dash pepper . . . dash sage . . . sprig parsley . . . celery tops
2 tablespoons hot shortening . . . 1 egg

Form hamburg to which the chopped seasonings have been added, into loaf. Bake in bread pan well greased, in moderate (375°) oven about 45 minutes to an hour.

Scrambled Eggs with Tomatoes

2 tablespoons shortening . . . 1 teaspoon minced onion
1 cup canned or stewed tomatoes . . . salt and pepper . . . 6 eggs, lightly beaten

Melt shortening, cook onion in it 2 minutes. Add tomato and seasonings, then eggs slightly beaten. Cook till creamy, stirring up from bottom of pan as it thickens. Serves 6.

Bacon and Apples

Core and halve apples, place cut side up in glass pie plate. Set in hot oven till apples are nearly soft. Lay a slice of bacon over each, and cook till bacon is crisp and brown, turning once. Garnish with parsley. Serve with small baked potato.

Shrimp and Cabbage Salad

To freshly prepared or canned and cleaned shrimps add ⅓ its bulk of finely shredded cabbage. Moisten with dressing. This goes much farther than the usual shrimp salad, and has a novel flavor.

Gluten Bread

1 cake yeast . . . 1 cup milk, scalded and cooled . . . 1 cup lukewarm water
1 tablespoon sugar . . . 1 teaspoon salt . . . 1 tablespoon melted shortening
3 cups gluten flour

Dissolve yeast and sugar in lukewarm liquid. Add shortening, then flour gradually, and salt. Knead till smooth and elastic. Place in greased bowl, cover and let rise in warm place about 2 hours. Mold into loaves, kneading well, place in greased baking pans half full, cover with cloth and let rise again for an hour. Bake in moderate oven 45 minutes. Makes two 1 lb. loaves.

Bran Muffins

2 tablespoons shortening . . . ¼ cup sugar . . . 1 egg . . . 1 cup flour . . . 1 cup bran
¼ teaspoon salt . . . ½ teaspoon baking soda . . . 2 teaspoons baking powder
1 cup sour milk

Cream shortening, add sugar, then egg. Beat well. Sift flour and dry ingredients together, add to mixture alternately with the sour milk. Bake in moderate (375°) oven about 15 minutes. Raisins and nuts may be added to some of the muffins, or dates. Makes one dozen. Serve with honey.

Coffee Gelatine

One-half box gelatine soaked 1 hour in ½ cup cold strong coffee. Add 1 quart strong coffee, 1 cup sugar, and 1 teaspoon vanilla. Cool in crown mold, let stand on ice over night. Turn out on platter, serve with cream flavored with kummel or other cordial.

CHAPTER VII

CONSTIPATION DIET

In years past, people who were troubled with constipation took their nightly "pills" or herbs, and ate what they chose in the daytime.

Between that type of treatment and the present one was a period of "roughage-eating," which, however, did not give the results expected of it. For one thing, a great many people's intestinal tract cannot tolerate an undue amount of extreme roughage.

The present-day treatment of constitpation is based on the balanced-menu idea. Foods that are too-completely assimilated are balanced up with foods that leave a certain amount of roughage to induce peristalsis. And the diet is carefully balanced for acids and bases (alkalies), so that a condition of acidosis will not result.

In general the diet for the first two or three months in the treatment of constipation should consist principally of cooked fruits, cooked vegetables, coarse cereals and breads.

At the end of that period, fresh or raw fruits and vegetables are added to the diet, watching carefully for any untoward results with certain of them.

Should the patient suffering from constipation be underweight, rich certified (unpasteurized) milk or malted milk should be used between meals.

Cottage cheese may be used occasionally, and the vegetables may be made into thin cream soups if desired to change the routine.

After the first two months on the above diet, a little meat may be added with the raw fruits and vegetables, as well as some salad dressings made of mineral oil, and an egg every other day.

Modern habits of living are not conducive to regular or frequent bowel movements. People ride too much, instead of getting exercise by walking; they are in too much of a hurry to "get somewhere" to attend to Nature's faint impulses for evacuation; they eat too greatly refined foods, foods that are too soft and too quickly digested, without sufficient amount of roughage.

The following suggestions may help some of the chronic sufferers from this all too prevalent disorder of the 20th century.

Prevention and Cure of Constipation

There are four rules to follow—eat laxative foods, drink water, exercise and practice good habits.

Eat Laxative Foods

1. Eat coarse breads and cereals, such as graham, bran, whole wheat, raisin or nut bread or muffins, using honey instead or in addition to sugar. Eat cereals such as coarse oatmeal, pettijohn, bran breakfast foods, any of the coarser prepared breakfast foods such as shredded wheat, bran krumbles, etc., using honey and cream on them, instead of sugar and milk. Dates, figs or raisins may also be added to these cereals.

2. Eat fruits and vegetables, cooked the first two months of the treatment, then raw thereafter. Eat them as vegetables and fruits, or as salads with mineral oil dressings. Leafy vegetables are especially good.

Drink Water

Drink much water, or fruit-ades such as lemonade, orangeade, etc., and drink buttermilk instead of sweet milk if possible. Fruit juices are also good, such as orange juice, grapefruit juice, fresh fruit juice, etc. The daily intake of liquid should be from 6 to 8 glasses per day, either hot or cold as preferred. Some of this may be taken as bouillon or soup.

Exercise

Walking is the best exercise, but must be done with activity. Some additional exercises may be helpful, but a good doctor should be consulted before engaging in any extensive exercise program. Bicycling is also good. There are simple exercises for the abdominal muscles which may be secured from almost any school of physical education.

Practice Good Habits

1. Do not take cathartics or laxative drugs except on the advice of a physician.
2. Have at least one, preferably two, bowel movements daily.
3. Eat meals slowly, at regular hours, and chew food well.
4. Have a regular time, if possible, for going to the toilet every day.
5. Practice cheerfulness, especially at mealtimes.
6. You will probably be advised by the doctor to avoid nicotine.
7. Bathing of various kinds may also be indicated.
8. Enemas may be advised by doctor, to clear out the intestinal tract at night.

SPECIAL CONSTIPATION RECIPES

Casserole of Figs

2 cups dried figs . . . ½ cup sugar . . . 4 slices lemon
3 whole cloves . . . 2 cups water, hot

Wash the figs and cut off the stems. Put in a casserole, add sugar, lemon slices and cloves, then cover with hot water. Cover closely and bake until tender in a moderate oven (350° F.) for about an hour. Serve with cream. Serves 6.

Whole Wheat Bread

1 cake yeast . . . 1 cup milk, scalded and cooled . . . 1 cup lukewarm water
4 tablespoons light brown sugar or molasses . . . 4 cups whole wheat flour
1 cup sifted white flour . . . 2 tablespoons shortening, melted . . . 1 teaspoon salt

This recipe gives bread of excellent flavor and richness. Dissolve yeast and sugar, or molasses, in lukewarm liquid. Add shortening, then flour gradually—enough to make a dough that can be handled—and the salt. Knead thoroughly, being sure to keep dough soft. Cover and set aside in a warm place to rise, about two hours. When double in bulk, turn out on kneading board, mold into loaves, and place in well greased pans; cover and set to rise again—about one hour, or until light. Bake one hour in a slower oven than for white bread. This recipe makes 2 loaves.

Graham or Whole Wheat Bread

1 cake yeast . . . 2 cups scalded milk . . . 2 tablespoons brown sugar
1 teaspoon salt . . . 2 cups graham or whole wheat flour . . . 2 cups bread flour

Put the sugar into mixing bowl and add scalded milk. When lukewarm, add the yeast dissolved in ¼ cup lukewarm water; make a batter with the flour and meal, beating vigorously. Let it rise until spongy; add the salt, and more meal gradually, until it is thick as can be worked with a stiff knife. Place in greased pans, cover and let rise. In baking, it should be set in quick (hot) oven, the heat reduced in 10 minutes. This rule is good, baked as muffins. Bake 35 minutes.

Bran Bread

2 cups boiling water . . . 2 teaspoons salt . . . 1 tablespoon sugar
2 tablespoons shortening . . . 1 cake yeast . . . ¼ cup molasses . . . 1 cup bran
1 cup graham flour . . . 3 cups white flour

Add boiling water to sugar and salt and shortening, and cool to lukewarm. Dissolve yeast cake in this, then add molasses, and beat well. Add bran, graham and white flour well mixed together, and stir well into yeast mixture. Cover and let stand in warm place over night. Knead

down on a floured board and into two loaves. Set in greased pans in a warm place and let it double its bulk. Bake in a hot oven (400° F.) for 30 minutes. Decrease temperature slightly for the last 15 minutes or until done.

Bran Muffins with Prunes and Raisins

2 cups flour . . . 1 cup bran . . . 3 teaspoons baking powder . . . ½ cup sugar
1 cup milk . . . 1 egg yolk, well beaten . . . ½ cup raisins, chopped
½ cup prunes, chopped . . . ¼ cup shortening, melted . . . 1 egg white, beaten stiff

Sift dry ingredients, reserving a little flour to dredge fruit. Add milk to egg yolk which has been well beaten. Add to dry ingredients. Add fruit and melted shortening, and cut into egg white which has been beaten stiff. Bake about 25 minutes in buttered rings in a 400° F. oven. Makes 18 muffins.

Honey Bran Muffins

1 cup white flour . . . 1 teaspoon salt . . . 2 teaspoons baking powder
½ teaspoon soda . . . 2 cups bran . . . ½ cup honey
2 tablespoons shortening, melted . . . 1 egg . . . 1 cup sour milk

Mix and sift flour, salt, baking powder and soda. Add bran and mix well. Add honey with melted shortening, unbeaten egg and sour milk; mix thoroughly and quickly. Put into well greased muffin pans and bake in a hot oven (450° F.) 20 minutes. Makes 9 to 12 muffins.

Date Muffins

½ cup white flour . . . ½ cup rye flour . . . 1 cup graham flour
3 teaspoons baking powder . . . ½ teaspoon salt . . . 2 tablespoons sugar
1 egg, well beaten . . . 1 cup milk . . . ½ cup walnut meats
½ cup chopped dates

Mix and sift dry ingredients, add the egg well beaten and milk, stir in the chopped dates, and ground walnut meats. Omit the walnut meats, if you like. Bake in gem pans in a hot oven 20 minutes. Makes 18.

Graham Muffins

1 cup graham flour . . . 1 cup flour . . . 3 teaspoons baking powder . . . ¼ cup sugar
1 teaspoon salt . . . 1 cup milk . . . 1 egg, well beaten
1 tablespoon melted shortening

Mix and sift dry ingredients; add gradually milk, egg well beaten and shortening. Bake in hot, greased gem pans 25 minutes.

Whole Wheat Puffs

1 egg yolk, beaten . . . 1 cup milk . . . 1 cup cream . . . 2 cups whole wheat flour
¼ teaspoon salt . . . 1 egg white, beaten stiff

Beat the white to a stiff froth; to the yolk, add the milk and cream and beat together until perfectly mingled and foamy with air bubbles. Add

the flour sifted with the salt; continue beating vigorously for 8 or 10 minutes, then fold in the beaten white and turn at once into hot iron gem pans and bake. Fill the irons full, bake 35 minutes, in moderately hot oven. Makes 1 doz.

Pineapple Cakes with Lamb Chops

1 cup crushed pineapple . . . 2 cups cooked rice . . . 1 cup cracker crumbs
2 tablespoons melted shortening

Mix pineapple and rice and form into flat cakes. Roll in cracker crumbs and fry until brown on both sides. Serve on chop plate surrounding broiled lamb, or mutton chops; green peas may be piled in the center of the dish. A spoonful of currant jelly, served on the top of each chop, is an attractive addition. Serves 6.

Artichoke a la Provencal

6 artichokes . . . 4 ounces fat pork . . . 4 cups chopped mushrooms
2 tablespoons chopped shallots . . . 1 teaspoon minced parsley . . . 1 tablespoon flour
1 tablespoon shortening . . . ½ cup Spanish sauce . . . ½ teaspoon salt
Few grains cayenne . . . few gratings nutmeg . . . 1 cup broth
1 glass white vinegar

Prepare the artichokes as directed above, boil them 30 minutes and drain. Mince the pork and dry with shallots, add the mushrooms and parsley and simmer ten minutes. Blend with it the flour mixed with the shortening, add the Spanish sauce and seasonings. Stuff the artichokes and tie each with a string; brown the outside in a little olive oil, add the broth and vinegar; cover and cook 40 minutes in a moderate oven. When ready to serve remove the strings and arrange on a hot platter and pour the sauce over and around them. Garnish with a whole mushroom on top of each. Allow 1 artichoke to a serving.

Harlequin Swiss Chard

Trim ends of entire stalks of chard neatly and cut stalks in uniform lengths. Arrange in bunch, alternating green and white ends so that half go each way. Trim off each end to make them square. Prepare enough for family requirements, tie, and cook in large kettle with just enough water to cover, salting when partly done. Arrange hot buttered toast on a platter, and on it lay the chard, removing the strings; pour cup or more of hot, highly seasoned cream or mock Hollandaise sauce around it. When serving use sharp knife and slice off a section of the white and green, carefully putting it on a square of toast. This is very pretty as well as delicious.

Date Salad

2 cups dates . . . 1 cup of grated American cheese . . . 4 tablespoons cream or milk
1 tablespoon Worcestershire sauce . . . 2 cups chopped celery
Lettuce . . . French dressing

Cut dates down on one side lengthwise, remove stone and stuff with mixture of cheese, cream and Worcestershire sauce. Arrange lettuce leaves on salad plate, place two tablespoons chopped celery in center and arrange the stuffed dates around celery on lettuce leaves. Serve cold with French dressing.

Apricot and Prune Salad

Fill halves of apricots (canned), allowing two to each person, with prunes stuffed with cream cheese. Lay on crisp, shredded lettuce and top with mayonnaise and whipped cream. This is almost a dessert, and can really be used as one after a heavy dinner.

Baked Honey Custard

5 eggs . . . ½ cup honey . . . 4 cups scalded milk
⅛ teaspoon powdered cinnamon . . . ¼ teaspoon salt

Beat the eggs sufficiently to unite the yolks and whites, but not enough to make them foamy. Add the other ingredients and bake in cups or in a large pan in a moderate oven. The baking dishes should be set in water. Serves 8.

Carrot Custard Pie

2 egg yolks . . . 3 tablespoons sugar . . . ½ cup raw grated carrot
2 egg whites . . . 1 pint milk . . . 1 teaspoon vanilla

Beat carrot, sugar and yolk of eggs together. Beat whites stiff and add. Add milk and vanilla to taste. Pour in crust and bake. Sufficient for 1 pie.

Fig and Date Pudding

1 cup suet, chopped . . . ½ lb. figs, chopped . . ½ lb. dates, chopped
3 eggs, well beaten . . . 1 cup sugar . . . 1 teaspoon salt
2 cups bread crumbs . . . 2 cups milk

Mix fruit and suet together. Add eggs and sugar and salt. Beat mixture well and add bread crumbs. Stir in milk and turn into greased mold. Steam 3 hours, and serve hot with a thin lemon sauce. Serves 8.

Irish Moss

½ cup Irish moss . . . 3 cups milk . . . 1 tablespoon sugar
⅓ teaspoon vanilla or other flavoring

Wash and pick over the moss carefully, add it to the milk in a saucepan, and simmer the two until the moss begins to dissolve. A double boiler is preferable as it prevents too rapid cooking. In about twenty minutes, if the moss is dissolving, strain through cheese cloth, add sugar and flavoring, and turn into wet molds or cups to cool. Serve with cream and sugar. Serves 6.

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